

www.ebparks.org

"Regional in Nature"

East Bay Regional Park District

Activity Guide

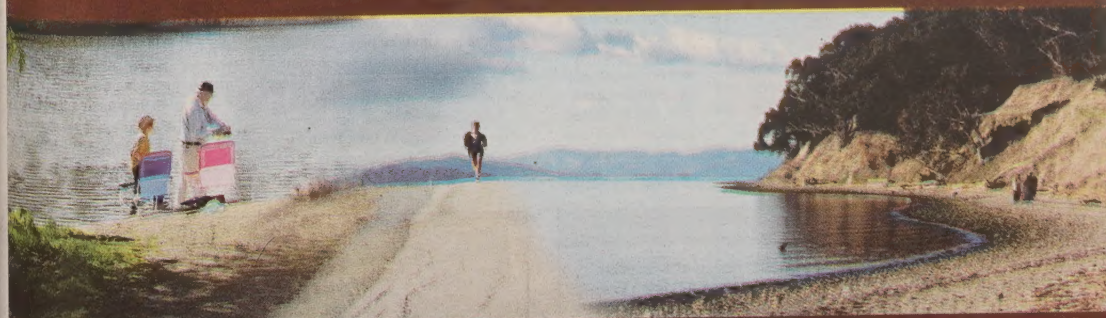
September–October 2004



Wildcat Canyon

Anthony Chabot

Sibley



Temescal

Tilden's Inspiration Point

Point Pinole



Redwood

Crown Beach

Roberts' Barrier-free Playground and Pool

Directors place parcel tax zone measure on November ballot

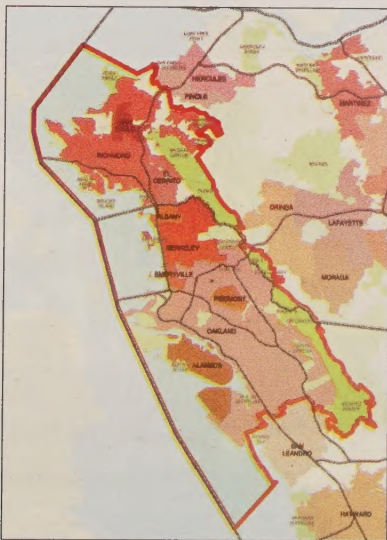
East Bay Regional Park District directors approved a resolution to place a parcel tax measure on the November 2004 ballot titled Park Access, Wildfire Protection, Public Safety and Environmental Maintenance Measure.

If the voters approve the Measure, it would raise much-needed maintenance and operations funds in some of the District's oldest and most-used parks.

The parcel tax would be specific to a defined zone stretching from Oakland to Richmond (see map at left).

The District is seeking additional financial support to fund badly needed environmental maintenance projects, including wildfire vegetation management.

The residents who live in the proposed zone, which encompasses over 19,000 acres of parkland, have shown their support on past ballot measures. Only those registered voters living in the zoned area would vote on the Park Access, Wildfire Protection, Public Safety and Environmental Maintenance Measure, and all money collected would stay in the community.



The proposed parcel tax zone would provide funds for Point Pinole southward to Anthony Chabot and Lake Chabot in the Oakland hills.

Park District General Manager Pat O'Brien states that park supervisors and staff have done an exemplary job in managing their resources, however, given state budget impacts, the tasks are becoming more and more challenging as facilities age and the population continues to grow.

"Park staff have managed to keep parks and trails safe and enjoyable for the public. However, many major infrastructure repairs have been deferred for years and may seriously impact park usage in the future if not corrected," says O'Brien.

District directors consider the parcel tax necessary because of this increased park usage and the age of some of the facilities and trails. The zone houses some of the 70-year-old District's original parks such as Tilden, Sibley, Lake Temescal, and Roberts.

These aging parks are also paired with neighboring communities where the close proximity of parks and homes requires careful attention to the control of brush and other vegetation to reduce the risk and severity of wildfires.

Additionally, the area includes many of the shoreline parks from Point Pinole to Robert Crown Memorial State

Beach, where there is increased pressure to provide public access to protecting the fragile environment.

Eastshore State Park, which is a joint operation between the State of California and the East Bay Regional Park District, would receive additional funding that would be used for removing debris and clearing and restoring some of the habitat along the Bay, while providing a network of hiking trails for the public.

Also funded would be projects at Point Molate and the North Richmond Wetlands, and San Leandro Bay-critical shoreline areas that

"Many major infrastructure repairs have been deferred for years and may seriously impact park usage in the future if not corrected."
—Pat O'Brien

ready to convert from past industrial uses to public channels and trail areas.

The tax would amount to \$17.50 per month per parcel, or 69 cents per month per apartment unit.

If approved by a two-thirds vote, it will remain in effect for 15 years, and will generate nearly \$3 million a year for a variety of projects marked throughout the zone.

For more information, including a list of proposed projects, visit the Park District's website at www.ebparks.org.

CONTENTS

Aquatics.....	4
Recreation Programs.....	4-5
Ardenwood.....	5-6
Black Diamond.....	6-7
Coyote Hills.....	7
Crab Cove.....	7-8
Sunol.....	8
Tilden Nature Area.....	8-9
Other Regional Parks.....	9-10
Volunteer Programs.....	10
Educators Academy.....	10
Registration & Fees.....	11
Visitor Centers/Swim Areas.....	11
Special Facilities.....	11
Registration Form.....	Back cover

General Info/Free Brochure:
..... (510) 562-PARK
Camping Reservations
..... (510) 562-CAMP
Picnic Reservations
..... (510) 636-1684
Naturalist Program Reservations
..... (510) 636-1684
TDD:..... (510) 633-0460
Website:..... www.ebparks.org

chabot space science center

Chabot Space and Science Center offers hands-on interactive exhibits, planetarium shows, large format films and powerful telescopes. Make it a family day with a visit to the Center, followed by a picnic and a swim in nearby Roberts Regional Recreation Area.

Advance tickets call (510) 336-7300

10000 Skyline Blvd., Oakland, CA 94619
Joaquin Miller Road exit
off Highway 13, left on Skyline Blvd.

www.chabotspace.org

East Bay Regional Park District is a partner with Chabot Space and Science Center

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Eastshore State Park's Berkeley Meadow restoration project

The East Bay Regional Park District plans to enhance and restore a number of ecosystems and habitat types throughout Eastshore State Park. The Berkeley Meadow Habitat Restoration is one such project that will improve ecological habitats and public access in the Berkeley Meadow (seen in photo above). Work on Phase I of the restoration project began in mid-August. This 17-acre project will create new wetlands and enhance and restore seasonal wetlands, coastal scrub, and coastal prairie on the site of a former landfill at the foot of University Avenue in Berkeley. Non-native vegetation will be removed and the site will be recontoured with clean, imported top soil. The \$1.3-million project is funded by Cherokee-Simeon through the Resource Enhancement Program as mitigation for development of the Hegenberger Gateway Project in Oakland.

Lizard studies measure ecosystem health

Picture this setting: As the morning sun warms the ground, a dinosaur descendant slowly crawls from his underground lair. He is a predator, a lizard, covered with shiny scales and sporting a long, tapered tail. After basking in the sun, our now "hot-blooded" hero begins his day of sniffing out, digging up, and eating insects. Such is the daily beauty and magic of our region's grassland-dwelling lizards.

For 70 years the East Bay Regional Park District has been a leader at seeing the "big picture." We realize that lizards, like spots on a wheel, radiate outward, taking us to the larger world of ecosystem health.

For this reason a multi-year study is underway to identify the optimal level of grass cover necessary to support a healthy and diverse lizard population. The Western fence lizard, our most common grassland-dwelling reptile, is an important food item for a variety of animals, including the state and federally threatened Alameda whipsnake, and it plays a key role in reducing the spread of Lyme disease.

Some have referred to our grasslands as tropical rainforest turned upside-down! This is because grasslands store more carbon per acre than most other ecosystems, with a tremendous amount of biodiversity underground.

By looking beneath a grassland's surface, you'll discover an amazing array of habitat-dependent birds, mammals, reptiles, amphibians, and insects. For example, the California ground squirrel, one of the most obvious grassland species, is an "ecosystem

engineer." By creating extensive underground burrow systems, this squirrel provides the necessary retreat and rest sites for the protected California red-legged frog, California tiger salamander, burrowing owl, and San Joaquin kit fox. These areas also support the foraging needs of golden eagles, bobcats, badgers, larks, and lizards.

One of the lessons of wildlife conservation is that science can develop solutions, but society must embrace their application.

The results of our studies are showing that lizard abundance is significantly higher in seasonally grazed grasslands than ungrazed grasslands. And more importantly, the evidence is suggesting that lizard abundance is related to grass height and that density.

The Stewardship staff is a science-based department. Many years of data collection has increased our knowledge of grassland dwelling raptors, amphibians, and reptiles, and cutting-edge computer software and pioneering radio telemetry studies have given us insights into the inner workings of our natural world.

For the past seven decades, and for generations to come, the East Bay Regional Park District will continue to use its toolbox of proven techniques and adaptive management strategies to preserve and protect our region's rich natural grandeur.

Dave "Doc Quack" Riensche is the Wildlife Resource Analyst for the East Bay Regional Park District and a Biology/Ecology Instructor at Las Positas College.

Barrier free playground offers innovative fun for all!

A new barrier-free play area, the first and so far the only one in Northern California, is now open at Roberts Regional Recreation Area in the Oakland hills. The play area's innovative design enables children of all levels of ability to play



Barrier-free playground, Roberts Regional Recreation Area, Oakland.

together in a structure that is fun, stimulating, and educational.

The new play area results from a partnership between the East Bay Regional Park District and Rotary Club of Oakland #3. The playground was funded by contributions from the Park District, Oakland Rotary, and its members.

There were also significant grants from the Wayne and Gladys Valley Foundation, Westphal Family Foundation, HEDCO Foundation, the Thomas J. Long Foundation, and Y&H Soda Foundation.

Plans call for adding a wheelchair-accessible sand area and a water table with audio aid stations for the visually impaired; efforts are now under way to obtain additional funds for these enhancements. For more information please call the Park District at (510) 562-PARK.



Visitors to Middle Harbor Shoreline Park can picnic, birdwatch, observe ship traffic, enjoy bay views, and learn about the site's history. Clues to its role during World War II have been preserved in the park's layout.

Middle Harbor grand opening Sept. 18 a family affair

Middle Harbor Shoreline Park (MHSP) in Oakland will be the site of a free, family-oriented grand opening event Saturday, Sept. 18, from 11-5 p.m. Enjoy a concert, KFRC Radio personalities, local community groups, environmental educational activities, and entertainment for the kids. In addition to day-long music, there will be a variety of information booths, food vendors, and historical displays.

Developed by the Port of Oakland and operated by the Park District,

MHSP is the first shoreline park of its kind along the Oakland waterfront.

Views of the bay have not been available to the general public at this location for a century. When completed, the park will include more than 40 acres of land and more than 180 acres of restored shoreline habitat.

Due to the environmentally sensitive nature of the area, dogs are not allowed in the park. For more information, directions, or to learn the history of the park, see www.ebparks.org.

Land-bank tours: Morgan Territory and Pleasanton Ridge

Robert Doyle, Assistant General Manager of the Land Division, will lead two hikes to explore the land banked Highland Ridge in Morgan Territory Regional Preserve and the upper Sinbad Canyon at Pleasanton Ridge Regional Park.

These guided tours through undeveloped scenic land banks are intended to give the public opportunities to see recently acquired property not yet open to the public. Learn about the future challenges facing land conservation and the Park District; hike and talk about the natural history of the area and how the land was preserved.

September 18: Take this special opportunity to visit Morgan Territory's Highland Ridge, a 400-acre addition. Hike to the top of Highland Ridge's 2,000-foot summit to see for miles and miles, and enjoy stunning vistas of both Alameda and Contra Costa Counties. The Preserve contains abundant wildlife and very high numbers of nesting golden eagles. This will be a

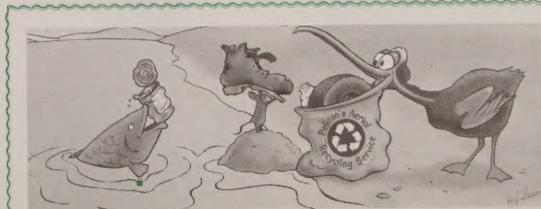
four-mile loop with uphill climbs.

October 16: Over the last 18 years the District has created the 4,700-acre Pleasanton Ridge Regional Park, which now covers a 10-mile area from Sunol to Devaney Canyon. Explore the park's rugged northern end on a loop of Sinbad Canyon and recently protected land bank properties. This hike is a four-mile loop of wooded canyons and open ridgetops.

Hikes are \$10 (residents), \$12 (non-residents) and all proceeds fund the Ivan Dickson Volunteer Trail Maintenance Program, which builds and repairs trails throughout the Park District.

THESE ARE RIGOROUS, 4-MILE HIKES with some steep climbing over undeveloped terrain.

Dress in layers. Bring a hat, water, and sunscreen. Hikes are limited to 30 people; reservations are required. For more information or to register, call (510) 636-1684 (510-633-0460 TDD) or sign up online using "WebReg" at www.ebparks.org.



20th ANNUAL COASTAL CLEANUP DAY

Saturday, Sept. 18, 8:30 a.m. to noon

Pick up litter and recyclables from creeks and shoreline parks in Alameda and Contra Costa counties. 6+ years. Info/Registration: (510) 544-2590. Parking fees waived.

ROBERTS POOL SWIM PROGRAMS

Roberts Pool in Oakland offers American Red Cross swim lessons with 4 to 6 students per instructor, with emphasis on personal safety and fun. Refer to the skill level descriptions below to determine placement, then check session dates and times for availability. If fewer than 4 students are registered in any one class, classes may be combined or canceled. No-shows on the first day of the session will be dropped unless advanced notification is given by calling (510) 482-0971.

Registration required: (510) 636-1684. Phone or walk-in registration only, no mail-in registration accepted.

SKILL LEVEL DESCRIPTIONS:

Parent and Me—for children 1-5 years, must be accompanied by an adult in the water, designed to help children become comfortable in the water so they are ready to learn to swim. Parents learn teaching skills to assist their children. No pre-requisite.

Level I—Water Exploration: for age 5 and older, includes bobbing, supported floating, blowing bubbles, kicking, and personal safety.

Level II—Primary Skills: for age 6 and older, skills include unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Pre-requisite: Level I skills.

Level III—Stroke Readiness: for age 6 and older, skills include object retrieval, jump/dive recovery, front/back crawl stroke, elementary backstroke kick, tread water, and personal safety. Pre-requisite: Level II skills.

Level IV—Stroke Development: front/back crawl and elementary backstroke, introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Pre-requisite: Level III skills.

Level V—Stroke Refinement: continue Level IV strokes/turns, introduction to butterfly and personal safety while diving, spinal injury awareness. Pre-requisite: Level IV skills.

Level VI/VII—Advanced Skill Proficiency: technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Pre-requisite: Level V skills.

MORNING SWIM LESSONS

Roberts Pool, Oakland
Group lessons for children. Ten half-hour lessons scheduled on weekday mornings for two consecutive weeks. Bring a picnic lunch. (*Please note that all Level V and Level VI/VII classes are 45 minutes. Level VI/VII is 10-10:45 a.m., Level V is 10:45-11:30 a.m.)
Registration Required: (510) 636-1684
Fee: \$50/session (non-res. \$56) (*All level V and VI/VII classes \$70/session, non-res. \$78)

Session 6: 8/23-9/3 (Mon.-Fri.)
10-10:30amLevels I, II, III, IV
10:30-11amLevels I, II, III, IV
11-11:30amLevels I, II, IV
11:30-noonParent and Me, II, III

EVENING SWIM LESSONS

Roberts Pool, Oakland
Group lessons for children and adult beginners. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks. Bring a picnic dinner.
Registration Required: (510) 636-1684
Fee: \$50/session (Non-res. \$56)
Session F: 8/23-9/3 (Mon.-Fri.)
6-6:30pmParent and Me
6:30-7pmLevels I, II
7-7:30pmLevels III, Adult Beginner

PRIVATE SWIM LESSONS

6/14-9/3, Mon/Tues or Wed/Thurs/Fri. 7:30-8pm
Want to improve your swimming skills? Does your child need special attention? Private lessons are offered AT Roberts Pool for all ages and consist of one-on-one instruction to achieve maximum results. Two and three-day sessions available. Includes half-hour lesson each day.

Registration Required: (510) 636-1684.
Fee: \$45/two-day session (Non-res. \$51)
\$65/three-day session (Non-res. \$73)

EVENING LAP SWIM

6-8pm, Mon-Fri, 6/14-9/3
Swimming at Roberts Pool is one of the best fitness activities; enjoy your workout in a heated outdoor pool in the redwoods. Lane lines provided. (15+ yrs)
Fee: \$3.50/swim or \$25/10 swims

RECREATION SWIM

11am-6pm, Sat, Sun, & Holidays 4/11-10/10
3:30-5:30pm, Mon, 6/14-8/30
12:30-5:30pm, Tues.-Fri, 6/15-9/3
Enjoy swimming in an outdoor pool at Roberts. Pool is 25 yards long, heated, disabled accessible; lifeguard service provided. 15-minute adult swim every hour. Children under 1 year get in free.
Information: (510) 636-1684.
Fee: \$3/adult, \$2/senior, child & disabled

PRIVATE POOL RESERVATIONS

M-F daytime only, 4/12-6/11
M-F daytime only, 9/7-10/8
Roberts Pool is a perfect facility for a swim party. Lifeguard service is provided. 150 person maximum; alcohol not permitted.
Registration Required: (510) 636-1684
Fee: Call

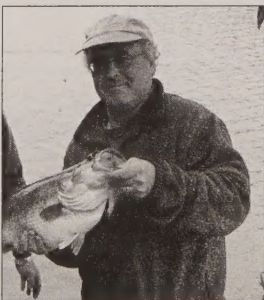
OPEN WATER

SNORKEL/SCUBA EXPLORATION

Shadow Cliffs Local Dive Stores
Ongoing, call for dates & times
Snorkeling and scuba lessons for beginners, and specialty classes for certified divers. (12+ yrs)
Fee: Call Info: (510) 544-2512

LAP SWIM

April-October during regular swim hours
Swim laps in a lake—no chlorine, no walls, large lanes! Bring goggles, cap, kickboard, pull buoy and hand paddles as desired. Available at Lake Anza (Tilden), Quarry Lakes, Shadow Cliffs and Lake Temescal.
Fee: varies Info: (510) 636-1684



One member of the Introduction to Fishing class held at Lake Chabot landed this whopper bass!

RECREATION

For Recreation program information, call (510) 544-2553 or email recreation@ebparks.org. Special Cancellation Policy applies for all Recreation programs; see page 15. All classes dependent on registration minimums. Online registration is available for all Recreation programs.

DISCOVER KAYAKING

Lake Chabot/Del Valle Current Adventures
10am-2:30pm, Del Valle, Sun, Sep 19 #7614;
Lake Chabot, Mon, Sep 6 #7617; Sat, Sep 25, #7618; Sat, Oct 16 #7619

Now is the time to learn how to kayak! This course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water from certified instructors. Beginners learn about equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayakers available upon request and for adult/child paddlers). You'll have lots of time to practice as we explore the base and inlets of the lake. Includes stop for shared potluck lunch. Parent participation required for youth age 5-13.
5+ yrs.
Reg. Required: (510) 636-1684
Fee: Adult \$79/Child \$59 (non-res. \$87/\$65)

INTRODUCTION TO FISHING

Temescal Mike Hawley
8-10:30am, Sat, Sep 11 #7643
Come out and learn the basics of warm water fishing! Beginning anglers will learn the basics of fish habitat and ecology as well as skills such as knot tying, casting, and gear selection. This class is perfect for anyone interested in getting started in the sport of fishing. Rods and reels provided. A valid California fishing license is required for participants 16 and older. Parent participation required for children 5-13. 5+ yrs.
Reg. Required: (510) 636-1684
Fee: Adult 16+ yrs \$19/ Child 5-15 yrs \$15 (non-res. \$21/\$17)

TAI CHI CHIH

Tilden Rich Axline
9-10:30am, Sat, Sep 11, 18, 25, Oct. 2 #7641;
Oct 9, 16, 23, 30 #7642
Tai Chi Chih is "joy through movement...a moving meditation." It is a series of 20 slow, simple, and gentle movements. They involve no physical contact, but rather emphasize self-awareness, well being and positive energy flow. Come experience Tai Chi in beautiful Tilden Regional Park. 16+ yrs.
Reg. Required: (510) 636-1684
Fee: \$30 (non-res. \$34)

BEGINNING SCENIC PHOTOGRAPHY

Sunol Richard Beebe
9am-1pm, Sat, Sep 11, 18, 25 #7635
Become better acquainted with the modern, adjustable camera—film or digital. Learn about the exposure features, f-stops, shutter speeds, film speeds, and lens focusing. This is a fun, outdoor oriented class geared for the novice photographer and anyone interested in taking great landscape photographs. 16+ yrs.
Reg. Required: (510) 636-1684
Fee: \$75 (non-res. \$83)

INTRO TO BAY KAYAKING

MLKing Jr. Shoreline Current Adventures
11am-4pm, Sat, Sep 11 #7621;
Sun, Oct 17 #7622
If you were with us for Discover Kayaking or have basic kayaking knowledge, come join for this INTERMEDIATE class! This is an in-depth focus on skills necessary to go paddling on your own. You will learn proper strokes and maneuvers, tide/current basics while paddling on the bay, and capsize recovery. You will also earn a certificate to rent your own

kayak. The marshlands surrounding M.L.K. Jr. Shoreline offer great opportunities for viewing shorebirds while you learn to navigate the bay environment. Includes stop for shared potluck lunch. Parent participation required for children 10-13. 10+ yrs.
Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

INTRO TO FLYFISHING—FISH FIRST

Tilden, Lake Anza
7am-1pm, Sun, Sep 12 #7623, Oct 10 #7624
This exciting and informative day trip toward the beginning angler. Spend three hours at Lake Anza to practice casting under coaching from a certified fly-casting instructor. Then enjoy three hours of classroom instruction where you will be introduced to knots, fly selection, reading the water and more. Don't miss your chance to learn 16+ yrs.
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

FIELD PHOTOGRAPHY SAMPLER

Various parks Richard Beebe
8am-noon, Sun, Sep 12 Ardenwood #7631
Sep 26 Black Diamond #7638, Oct. 10 #7651
Sept. 12, Ardenwood. Sept. 26, Black Diamond. Oct. 10, Sunol. On these mornings you will be visual discoverers and explorers. Letting our eyes and other senses take in the beautiful Regional Parks. Whether taking the "big picture" or discovering the little details, the many photographic and group discussions. Learn how an involved camera can be captured with a camera involving concepts and technical concepts as they present themselves on the spot. 16+ yrs.
Reg. Required: (510) 636-1684
Fee: \$35 (non-res. \$39)

BEGINNING FLY CASTING

Shadow Cliffs Lois Kilburn
8:30am-2:30pm, Sun, Sep 12 #7631
In this introductory class you will learn how to cast a fly, tie a knot, and how to use a false cast and how to select equipment to set up your fly rod. The class is taught by a year veteran, Lois Kilburn, who is a member of the Federation of Fly Fishers and is a national champion tournament caster. 15+ yrs.
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

DREAMING IN NATURE

Tilden Kathleen Hines
10am-noon, Sun, Sep 12, 19, Oct. 1, 8, 15, 22, 29, 10/1, 8, 15, 22, 29
This class meets 7 Sundays 9/12, 9/19, 10/10, 10/17, 10/24, 10/31.
The dreams of our ancestors were closely interconnected with the moon, the earth, and the animals. Through guided meditations, experiential exercises, personally chosen objects, your dream animal totem and learn how plants and stones to assist you in dream recall. Follow the path of the moon to help you chart your dreams. Various group work methods, including art, song, and drama methods will be introduced and practiced by the group. No experience necessary. 16+ yrs.
Reg. Required: (510) 636-1684
Fee: \$140 (non-res. \$154)

INTRO TO GOLF

Tilden Golf Course American Golf
5:30-7:30pm, Tue, Sep 14 #7627
3-5pm, Sat, Sep 25 #7628
3-5pm, Sun, Oct 10 #7629
5:30-7:30pm, Wed, Oct 20 #7630
Have fun in a relaxed atmosphere and learn the fundamentals of golf. This introductory clinic teaches pre-shot fundamentals, swing

ology/equipment overview, and full-swing fundamentals. Instructors will discuss how you can continue to play on the course. Golf balls and loaner clubs are provided. Participants will also receive a free \$20 range card for use at the driving range and \$20 off a future class at the golf course. 14+hrs.
Reg. Required: (510) 636-1684
Fee: \$50 (non-res. \$56)

BROOKS ISLAND KAYAKING TOUR

Brooks Island Current Adventures
 11am-4pm, Sat, Sep 18 #7612
 11am-4pm, Sun, Oct 24 #7613
 Come join us for an exciting day of kayaking and exploration! Instructors will give a brief introduction to equipment and strokes during a trip through the picturesque Richmond Harbor. The trip is an easy, short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco and the bridges. Paddle along Brooks Island preserved shoreline then come ashore to enjoy a guided, 2-mile hike around the island which is normally closed to visitors. Includes a stop for a shared potluck lunch. 14+hrs.
Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

BROOKS ISLAND ADVENTURE

Brooks Island California Canoe & Kayak
 9am-3pm, Sat, Sep 25 #7610
 9am-3pm, Sat, Oct 16 #7611
 Be whisked away to a beautiful island in the bay! This guided, instructional day trip to Brooks Island is an easy, short paddle in stable, double kayaks - an excellent introduction to kayaking for beginners that includes instruction on paddle strokes, equipment, etc. Enjoy a guided, relaxed, 2-mile hike around this island's preserved shoreline that is normally closed to visitors. Come enjoy this beautiful place! 14+hrs.
Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

INTRODUCTION TO PIER FISHING

Point Pinole Mike Hawley
 8-10am, Sat, Sep 25 #7648
 Learn the basics of pier fishing. Beginning pier anglers will learn skills such as knot tying, casting, bait selection, gear selection, fish habitat and ecology. There will be plenty of time for hands-on fishing where anglers will get to try out some of their newly learned skills. Rods and reels will be provided. This class is for people already experienced in fishing. Parent participation required for children 5-13. 5+hrs.
Reg. Required: (510) 636-1684
Fee: \$15 (non-res. \$17)

FULL MOON KAYAK

Lake Chabot Current Adventures
 6-9pm, Sat, Sep 25 #7620
 This unique course is the first step in learning paddle touring and sea kayaking. Participants will explore the lake during twilight and return to the marina as the moon rises. A brief introduction to the equipment and paddle strokes will be provided for those who have never kayaked. Don't miss out! Parent participation required for youth 5-13. 5+hrs.
Reg. Required: (510) 636-1684
Fee: \$59 (non-res. \$65)

DIAN QIGONG

MLK Jr. Shoreline Keith Weinstein
 9-10am, Sat, Oct 2, 9, 16, 23, 30 #7652
 Come experience improved health and relaxation at beautiful MLK Jr. Shoreline. Dian Qigong is a very popular form of healing movement medicine which originated in China. The grounded, flowing motions are taught for people of all abilities. Come learn this simple practice for cultivating vitality, harmony, mental clarity and alleviating

chronic ailments in the beautiful outdoors. This class is taught by Keith Weinstein, certified Chi Gun instructor. 14+hrs.
Reg. Required: (510) 636-1684
Fee: \$50 (non-res. \$56)

BASICS OF TROUT FISHING

Del Valle/Lake Chabot Mike Hawley
 7-9am, Sat, Oct 9, Del Valle, #7645; 7-9am, Sat, Oct 13, Lake Chabot #7646
 The Regional Parks have some of the best fishing around so come join this new class where participants familiar with fishing are introduced to the basics of trout fishing. You will learn about ecology, casting techniques, knot tying, fishing styles, proper gear selection and the different types of bait. This class includes hands-on fishing. Rods and reels provided. A valid California fishing license is required for participants 16 and older. Parent participation required for children 5-13. 5+hrs.
Reg. Required: (510) 636-1684
Fee: Adult 16+ \$19/Child 5-15 \$15 (non-res. \$21/\$17)

BEYOND BEGINNING SCENIC PHOTOGRAPHY

Briones Richard Beebe
 9am-1pm, Sats, Oct 9, 16, 23 #7636
 This three-day class will move beyond the basic concepts and explore personal ideas of "seeing" and interpreting what we find in the landscape scene. We will explore further understandings of the camera, learn some of the accessories available to enhance its abilities, how to apply more of the camera's exposure controls, and look into the "aesthetic" side of things to consider when building the photograph. 16+hrs.
Reg. Required: (510) 636-1684
Fee: \$90 (non-res. \$100)

SURVIVAL AND OUTDOOR SAFETY

Lake Chabot Gene Ward
 9am-4pm, Sat & Sun, Oct 9 & 10 #7640
 Join us for this 2-day workshop packed with vital information for outdoor enthusiasts. Learn how to stay well prepared when things don't go as planned. Topics covered include: what to bring, building an emergency storm shelter, fire starting, using a map and compass, how to signal for help, identifying edible plants and much more! This class is great for men, women, and anyone interested in gaining additional outdoor safety skills. Parent participation required for youth 12-15. 12+hrs.
Reg. Required: (510) 636-1684
Fee: \$100/person, \$175/couple (non-res. \$110/\$193)

INTERMEDIATE FLY CASTING

Shadow Cliffs Lois Kilburn
 8:30am-2:30pm, Sun, Oct 10 #7632
 If you have taken the Intro to Fly Casting/ Fishing class or have basic casting knowledge, come join us for the next step in this exciting sport! This class will start with a short review of the basic casts and then will move into shooting line, single haul, double haul, mending line, distance casting and specialty casts. The class is taught by national champion tournament caster, Lois Kilburn. 15+hrs.
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

BASICS OF BASS FISHING

Contra Loma Mike Hawley
 8-10am, Mon, Oct 11 #7644
 Learn how to catch the "big one"! In this new class, participants already familiar with fishing will learn the basics of bass fishing including rigging, casting, knot tying, ecology and conservation, habitat, and fish behaviors. There will be hands-on fishing time during which participants will be able to demonstrate what they have learned. Rods and reels are provided. A valid California fishing license

is required for participants 16 and older. Parent participation required for children 5-13. 5+hrs.
Reg. Required: (510) 636-1684
Fee: Adult 16+ \$19/Child 5-15 \$15 (non-res. \$21/\$17)

LLAMA DAY HIKE

Redwood LAMAS OUTFITTERS
 10am-4pm, Sat, Oct 16 #7625
 10am-4pm, Sun, Oct 17 #7626
 Come experience the wonderful world of llama packing in the Regional Parks! Experienced llama packers will guide this 4-6 mile day hike (4-6 hours). Llamas will carry your picnic lunches and personal items and you will have the opportunity to lead a llama for part of the trip. You will learn about handling, caring for, and packing with llamas. 8+hrs.
Reg. Required: (510) 636-1684
Fee: \$35 (non-res. \$39)

HOW TO FEEL GOOD, ALL THE TIME

Lake Chabot Jack Ligon
 9am-1pm, Sat, Oct 23 #7634
 We are all innately born to feel good all the time. Yes, all the time! Discover how easy you can begin to feel this way by learning the very simple techniques of positive thinking and relaxation. Take four hours of your life to find out how to feel content, happy, and positive. You are sure to have fun learning and experiencing the class. 15+hrs.
Reg. Required: (510) 636-1684
Fee: \$55 (non-res. \$61)

GUIDED AUTOBIOGRAPHY FOR MATURE ADULTS

MLK Shoreline Laurie Ulrick
 10am-noon, Tuesdays, Sep 14-Oct 26 #7663
 Tell the stories of your life in this 7-session autobiography class! Participants write two pages in response to weekly themes and bring them to class to share in small groups. Leave a legacy for your loved ones while reviewing the unique experiences of your life. Enjoy MLK Jr. Shoreline and the warmth of a community of interested listeners. No prior writing experience necessary. 55+hrs.
Reg. required: (510) 636-1684
Fee: \$85 (non-res. \$95)

BOAT TO BROOKS

ABOARD DELPHINUS Dolphin Charters
 Berkeley Marina
 8am-2pm, Sun, Oct 31 #7649
 This is a unique program that you don't want to pass up. All aboard! Come join us for a relaxed boat ride through the Berkeley and Richmond Marinas. Destination: Brooks Island! Participants will be ferried to the island to enjoy a guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate, and tea are provided. This is a trip you don't want to miss! The class must have 19 people to run. Tell your family and friends and come sign up! 12+hrs.
Reg. Required: (510) 636-1684
Fee: \$65 (non-res. \$73)

TRAILS CHALLENGE

Trails Challenge #5951: Celebrate 70 years of Hiking Parks by joining this popular, self-guided hiking program! Thousands of people like yourself have participated over the last 70 years. With your registration you will receive the 2004 Guidebook filled with 20 of the best hikes in the Park District. This year, Trails Challenge invites you to hike 5 of the 20 trails by December. Participants receive the 2004 commemorative pin, the Trails Challenge T-shirt and a special gift! Trails Challenge family discount: The first participant is at regular price and additional family members are \$1 off! All ages welcome.
Reg. Required: (510) 636-1684
Fee: \$12 (non-res. \$14)

ARDENWOOD

Ardenwood Historic Farm is open Tue.-Sun. (plus Labor Day) from 10 a.m.-5 p.m. Food service and Patterson House tours are available Thur.-Sun. Horse-drawn train rides and blacksmithing demonstrations are available Thur., Fri., and Sunday. For information: (510) 796-0663 or ardenwood@ebparks.org.

HISTORIC RAIL FAIR

Ardenwood Railroad Volunteers
 10am-4pm, Sat-Mon, Sep 4-6
 "All Aboard!" This Labor Day Weekend take a ride on America's only scheduled horse-drawn train. Explore local railroad history, visit rail and hobo camps, see model railroads in action and give a hand-car a try. See the Best Steam Engine cruise along. Relive the age of rail power as you ride along behind the star of the show, "Deanna," an 1891 Baldwin Steam Locomotive.
Info: (510) 796-0663
Fee: Adults \$8/Seniors 62+ \$6 Child 4-17 \$5/under 4 free

CAJUN/ZYDECO MUSIC FESTIVAL

10am-7pm, Sat, Sep 25 #6794
 Enjoy some of the best Louisiana French Traditional Cajun-Zydeco music of local artists. This year's headlines direct from Louisiana are T-Broussard & the Zydeco Steppers with Mary Jane Ardoin. The local headliner will be Queen Ida and her Zydeco Band also, Motor Dude Zydeco with Edward Poulard, Mark St. Mary and Andre Thierry-Zydeco Magic. There will be five bands performing, dance lessons, cajun food sold plus all the activities offered at Ardenwood Farm for the public to enjoy. Music starts at 11 a.m. and goes till 7 p.m. Tickets are \$12 in advance or \$16 at the gate. Children under 10 are free. Free parking! Advanced ticket sale ends September 17. For overnight accommodations, the Fremont Courtyard by Marriott is offering incredible exclusive rates for Ardenwood and East Bay Regional Parks. For information, call 1-(800) 321-2211 or www.courttyard.com/sjcf. For tickets, call (510) 636-1684 or online at www.ebparks.org.

HARVEST FESTIVAL

Ardenwood Gaeta Bell & Interpretive Staff
 10am-5pm, Sat, Oct 9 & 10
 It's harvest time on the farm! Bring your family and join your friends for some down home country fun. Lend a hand in harvesting the Indian corn and popcorn that we planted last April, and help fill our corncribs. Take home a share of our colorful corn for your holiday table. There are also walnuts to hull, cider to press and old-time music and crafts. Visit the blacksmith at the forge, ride on the horse-drawn train, and take a trip back to the 1890s on a tour of the historic Patterson House. You can also pick-up your jack-o'-lantern with a visit to Perry's pumpkin patch.

Ardenwood Special Event Fee: Adults \$8/ Seniors 62+ \$6/Child 4-17 \$5/under 4 free

COUNTRY KITCHEN COOKIN'

Ardenwood Interpretive Staff
 10:30am-2pm, Sundays
 Enjoy the flavor of the past with treats cooked on our woodburning stove. Sample food grown on the farm and discover the history of the Country Kitchen. Pick-up a historic recipe to try at home.

ANIMAL FEEDING

Ardenwood Interpretive Staff
 3pm, Thursdays through Sundays
 Help feed the hogs, check the henhouse for eggs and bring hay to the livestock. You'll learn all the animals' favorite foods as you help shut the farm down for the evening.

WHAT'S BREWING ON THE FARM

Ardenwood Ira Blatz
1-3pm, Mon, Sep 6
Brewing is a common activity on 19th century farms. Join us on Labor Day as we brew up a special batch of honey-wheat ale using ingredients from right here on the farm. Taste the fruits of our labor or try some homemade rootbeer.

BARNYARD BUDDIES

Ardenwood Interpretive Staff
10:30-11:30am, Sat, Sep 11
1-2pm, Sun, Oct 17
Here's your chance to get up close to all your favorite barnyard pals. Feed the goats a snack, pet a bunny, greet the heifers and tickle a chicken (if you dare).

STORIES IN THE VEGETABLE GARDEN

Ardenwood Gaeta Bell
11am-noon, Sat, Sep 11
Come to the vegetable garden and share your favorite garden story or listen to mine! We will take a stroll through the garden and have a taste of fresh fall vegetables.

APPLE CIDER PRESSING

Ardenwood Interpretive Staff
1-2pm, Sat, Sep 11, Oct 2, 23
Can you squeeze the juice out of an apple? Discover why cider was once the most popular beverage in America as you learn how to turn apples into this refreshing drink. After the work is done we'll all have a taste.

POTATO HARVESTING

Ardenwood Sara Fetterly & Gaeta Bell
11am, Sun, Sep 12, 19, 26
It's time for the great potato harvest! Learn the spectacular history of this New World native. Our crop of heirloom potatoes was planted back in May and now they're ready to enjoy. Head out to the field, dig in your spade and help find the spuds.

MR. POTATO HEAD

Ardenwood Eric Nicholas
1-2pm, Sun, Sep 12
We've harvested the potatoes, now it's time to meet them and create a new "old" friend. Create your own potato pal to take home and learn some little-known facts about this popular tuber.

LOVELY LADIES CROQUET

Ardenwood Volunteers
1-3pm, Sun, Sep 12
A proper Victorian lady was not always limited to watching sports from the sidelines because of the social requirements of the day. Don't miss your chance to watch an entertaining example of a "very Victorian" croquet game.

HORSE-DRAWN WAGON TOUR

Ardenwood Gaeta Bell
2-3pm, Sun, Sep 12, 19
Learn the story of the Patterson family and the history of this 205-acre working farm, from the comfort of our own horse-drawn wagon.

CHICKEN SCRATCH

Ardenwood Interpretive Staff
10:30-11:30am, Sat, Sep 18, Oct 23, 30
Make a special snack for the hens, then visit the coop to hunt for eggs and feed the chickens. Learn the secret of the pecking order and meet an "Easter Egg Hen." Meet at the barn.

A TASTE OF THE PAST

Ardenwood Gaeta Bell
11am-noon, Sat, Sep 18
Lend a hand tending our vegetable garden. We'll be harvesting, saving seeds and composting. Compare the tastes of the past to those of the present. Discover the importance of yesteryear's vegetables today.

MEET THE BUNNIES

Ardenwood Interpretive Staff
1-2pm, Sat, Sep 18
Hop on over to the rabbit hutches and get a warm welcome from some of Ardenwood's furriest residents. Learn how rabbits use their nose, ears, and eyes to sense danger.

THE CRITTERS

Ardenwood Eric Nicholas
1-2pm, Sun, Sep 19
What happens when you throw things away? Do they stay there forever? Decompose? Or change form? Come and see how the decomposition process works, which critters are involved and what happens to our kitchen scraps and garden trimmings. Learn how to make the magic of compost happen at home.

DYING FOR COLOR

Ardenwood Sara Fetterly & Eric Nicholas
1-2pm, Sun, Sep 26
What do cornucopias, walnuts and onionskins have in common? They all make beautiful colors. Bring a white shirt or handkerchief to dye, and see how common plants can produce all the colors of the rainbow.

OLD-FASHIONED GAMES

Ardenwood Interpretive Staff
2-3pm, Sun, Sep 26, Oct 3, 17
Race on over to the Patterson House lawn for some old-fashioned fun. Join a sack race, try hoop rolling, or attempt to walk on stilts. Young Victorian children had fun with these games, and you can too! Ready, Set, Go!

MORNING FARM CHORES FOR KIDS

Ardenwood Interpretive Staff
11-11:45 am, Sat, Oct 2, 16
On the family farm, nobody's too young to lend a hand. Put your little farmer to work shelling and cracking corn, feeding the animals and collecting eggs from the hen house. They may be surprised how fun "work" is.

MELODRAMA TEA

Ardenwood Volunteer Tea Committee
1-3pm, Sat, Oct 2 #7465
Enjoy a traditional Victorian afternoon tea complete with dainty tea sandwiches, scones, lemon curd and sweet pastries. Hostesses in period attire will serve your Earl Grey tea in Ardenwood's lovely garden. Follow the tea, cheer for the heroes and hiss the villains during the old-fashioned melodrama presented by our merry band of volunteers. 12+ yrs.
Reg. Required: (510) 636-1684
Fee: \$14 (non-res. \$16)

THE INS & OUTS OF A COW

Ardenwood Tara Reinertson
11am-noon, Sun, Oct 3
Ever wonder what it takes to make a milk shake? More than you think! Learn all that "goes in" to a healthy cow and find out how much "comes out!" The star of the show is Clover, our rare breed of Milking Short Horn.

SAY CHEESE PLEASE!

Ardenwood Tara Reinertson
1-2pm, Sun, Oct 3
What exactly was little Miss Muffet eating? And what does curds and whey REALLY taste like? You will find out, as we learn how to make homemade farmers cheese at our Country Kitchen. Try some on a slice of a farm-fresh juicy tomato!

WORKING WITH WOOL

Ardenwood Christina Garcia
1-2pm, Sat, Oct 16
See how sheep's wool is turned into yarn and cloth. Learn to use wool cards, see how a spinning wheel works, and take a turn with the drop spindle. Then give weaving a try on the tabletop loom.

CORN HUSK DOLLS

Ardenwood Christina Garcia
2-3pm, Sat, Oct 16
Cornucopias, clothespins, rags and even cornucopias - pioneer children made dolls from whatever materials were at hand. Trace the origins of this traditional craft, then gather some husks from the cornfield and turn them into an original piece of folk art.

THE HERBAL HARVEST

Ardenwood Eric Nicholas
11am-noon, Sun, Oct 17
Come out to the herb garden and help harvest some traditional medicinal plants. Learn how to clean, dry and preserve herbs for winter use. Find out how to calm an upset stomach or relieve an itchy rash the natural way.

FALL CANDLELIGHT TOURS

Patterson House Docents
7-8:30pm, Fri, Oct 22, 29, Sat, Oct 23, 30
We will once again offer our wonderful candlelight house tours. This is your chance to see the Patterson House in a whole new light. These are not haunted tours, but may be a bit spooky. 10+ yrs.
Reg. Required: (510) 791-4196
Fee: \$6

HALLOWEEN TRAIN

Ardenwood Railroad Volunteers
7-9:30pm, Fri, Oct 22, 29
7-9:30pm, Sat, Oct 16, 23, 30
7-9pm, Sun, Oct 17, 24
Come out to Ardenwood for an evening of Halloween fun! Ride the train through the fields and woods, join the Halloween goblins and have a hauntingly good time! This slightly frightful evening is designed for families with children 12 years of age and under. Tickets are available at the Train Museum inside Ardenwood on Sundays, or buy tickets at arrival.
Info/Group Reservations: (866) 417-2777
Fee: Adults \$5/ Children \$3 (3-12 yrs)

MID-AUTUMN FARM HIKE

Ardenwood Christina Garcia
2-3pm, Sat, Oct 23
Come along on an easy stroll around the farm. See what changes the fall season brings to the land and the wild animals that make their homes here. We'll check up on the squirrels in the orchard, look for early Monarch butterflies in the eucalyptus grove, and find out what plans the farmer has for the winter.

SEED SAVING

Ardenwood Tara Reinertson
11am-noon, Sun, Oct 24
Did you know that it is estimated that we have lost 80-90% of our vegetable and fruit varieties in the last 100 years? Discover how you can get involved in preserving seeds of delicious heirloom fruits and vegetables for our future generations. We will give you a collection of heirloom seeds to take home to plant next spring.

COLOR BY NATURE

Ardenwood Eric Nicholas
1-2pm, Sun, Oct 24
Ever wonder how wool used to get its color before the advent of chemical dyes? Join us as we explore the process of cleaning, carding and coloring wool with plants. Oh, and of course we'll take a look at the sheep who supplied the wool.

DRAFT HORSES THROUGH TIME

Ardenwood Tara Reinertson
2-3pm, Sun, Oct 24
Meet Duke and Doc, our beautiful Percheron draft horses. Learn about the many jobs of a horse on a farm and the exciting history of these gentle giants. Though once the most numerous breed of draft horses in America, Percherons were rapidly displaced by tractors. Discover why many small farms today are choosing to work with draft horses.

GARDENING TO MANAGE PESTS

NATURALLY Interpretive Staff
Ardenwood
10:30am-1:30pm, Sat, Oct 30
Learn to control pests without the use of pesticides and attract beneficial insects to your garden. Discover least-toxic methods for managing common garden pests such as snails, slugs, and aphids. This free workshop is part of the Bay Friendly Gardening Series, sponsored by The Watershed Project. Register online at www.stopwaste.org.
Info: (510) 444-7645

HOIST THAT BALE

Ardenwood Interpretive Staff
1-2pm, Sat, Oct 30
Use our antique machine to make a length of rope, then see how lots of rope and a few pulleys are put to use hoisting hay into the loft. Learn a few useful knots you can make with your rope.

WALNUT HARVESTING

Ardenwood Interpretive Staff
2-3pm, Sat, Oct 30, Sun, Oct 31
Millions of squirrels can't be wrong, harvesting walnuts is lots of fun! Trek through the orchard with a big stick, and see how many you can knock down. Then fill your sack and head back to the farmyard to hull and shell the nuts with our antique machinery. Help the drying trays behind the barn and select a portion of the harvest to take home.

YUM YUM PUMPKIN

Ardenwood Interpretive Staff
10:30am-1pm, Sun, Oct 31
Stop by the Country Kitchen for a taste of the fall harvest! There are so many yummy treats that can be made out of this incredible member of the squash family. Get a recipe and take a bite of pumpkin muffins, cookies and bread.

MOSAIC MASK MAKING

Ardenwood Tara Reinertson
1-2pm, Sun, Oct 31
Celebrate Halloween on the farm and create a mask using colorful beans and things from nature. Search the farm to discover all the many varieties of seeds. Explore the secret of seeds and how they get around. We will provide the materials, you just bring your creativity. \$2 donation for materials. 4+ yrs.

BLACK DIAMOND

All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Ardenwood. For info call (925) 757-2620 or email bdvisit@ebparks.org.

HAZEL-ATLAS

SILICA-SAND MINE TOUR Interpretive Staff
Black Diamond
10am, 11am, 1pm, 2pm, Sat & Sun
Explore the underground through a guided tour and learn its history, geology, and the methods used to mine the sandstone. Also learn long advanced reservation tour is offered at 11 a.m., 1 p.m., and 2 p.m. A 10 a.m. tour is available to groups of 10 or more (not available for online registration). First-come, first-served tours are offered at noon and 3 p.m. only. Must be at least seven years old, parent participation required.
Reg. Required: (510) 636-1684
Fee: \$3

GREATHOUSE VISITOR CENTER

Black Diamond Interpretive Staff
10am-4:30pm, Sat & Sun, March-Nov
Drop in and learn about the workings of a 19th-century gold mine and the lives of the miners. The 19th-century gold miners in Greathouse Visitor Center. Artifacts and photographs displayed and a video featuring former miners. Diablo coalfield residents is shown.
Info: (925) 757-2620

LABOR DAY AT THE MINES

Black Diamond Mines Staff
Non-3pm, Sun, Sep 6
Today, tours through the Hazel-Atlas Mine will be offered on a first-come/first-served basis. Tour times are noon, 1 p.m., 2 p.m., and 3 p.m. Purchase tickets at Greathouse Visitor Center. Participants must be age seven or older.
Fee: \$3

KNOBBERS

Black Diamond Mines Sabrina Dussau
3:30-5pm, Thu, Sep 16, Oct 21
Looking for something to do after school? Then join us once a month for outdoor and underground adventures. This program is designed for 8-12 year olds unaccompanied by their parents.
Reg. Required: (925) 757-2620
Fee: \$6 (non-res. \$8)

MINING WITH MUTTS

Black Diamond Mines Sabrina Dussau
5:30-7:30pm, Sat, Sep 18
Grab your leash and four-footed friend for a ramble through the hills of the Mt. Diablo Coalfield. We'll discover the role man's best friend played in pioneer mining families. For dog lovers and owners alike.
Reg. Required: (925) 757-2620

BIRD BASICS

Black Diamond Mines Sabrina Dussau
10-11:30am, Sat, Sep 25
Join us to enjoy the fastest growing leisure activity around—birding! We'll start off discussing bird types and tips for identification. Then we'll head outside to find and identify our feathered friends.

MINES, MINERS AND MINERALS

Black Diamond Mines Bob Kanagaki
10am-12:30pm, Sat, Oct 2 #7276
Discover the mineable mineral riches in the hills of Black Diamond as we hike the Pinnburg Mine Trail and tour the Hazel-Atlas Mine. 7+ yrs.
Reg. Required: (510) 636-1684
Fee: \$3

SOMERSVILLE VAN & MINE TOUR

Black Diamond Mines Bob Kanagaki
10am-noon, Sat, Oct 16 #7277
Driving with us through the Somersville townsite to the Hazel-Atlas Mine. We'll discover the rich human and geologic history of this quiet valley and explore some of the mine workings in its hillsides. 55+ yrs.
Reg. Required: (510) 636-1684
Fee: \$3

DOWN IN THE DARK

Black Diamond Mines Bob Kanagaki
10am-noon, Sat, Oct 23
Discover the deep, dark world of mining with a visit to the Pinnburg Mine and a trip underground at Greathouse Visitor Center, where we'll demonstrate examples of the miner's most important tool—his light.
Reg. Required: (925) 757-2620

FULL MOON MARVELS AND MEAL

Black Diamond Mines Sabrina Dussau
5-10pm, Wed, Oct 27
Witness a total lunar eclipse while having a picnic (you bring from home) atop the ridges of Black Diamond. Stories of the sky will be shared as we await the moon's return.
Reg. Required: (925) 757-2620

TRICKS AND TREATS UNDERGROUND

Black Diamond Mines Interpretive Staff
1-4pm, Sat, Oct 30
Step into Greathouse Visitor Center for snakes, spiders, and witch's brew. Other seasonal spooks may find you too!

COYOTE HILLS

The Coyote Hills Visitor Center is open Tue.-Sun., 9:30 a.m.-5 p.m. The Center will be open on Labor Day, Monday, Sept. 6. The Possum's Pocket Nature Store has books, bug boxes, and other items for sale. The Garin Barn Visitor Center is open weekends through Labor Day. For info call (510) 795-9385 or email chvisit@ebparks.org.

COYOTE SCOUT INSTITUTE

Coyote Hills Kristina Parkison
9:30-11:30am, Sat, Sep 4, Oct 2
1-3pm, Sat, Oct 16
The CSI is the perfect destination for your interests in thrilling exploration, discovery, and hands-on excitement! Sept. 4, Scat, Tracks, and Signs; Oct. 2, Goody Geology; Oct. 16, Ohlone Shellmound. Mark your calendar for fun and adventure! 7-12 yrs.
Reg. Required: (510) 795-9385
Fee: \$6 (non-res. \$8)

CALIFORNIA CAPERS

Coyote Hills Kristina Parkison
1:30-3pm, Sat, Sep 4
Celebrate California History month by testing your knowledge of California-related trivia. Learn useful information such as our State dance, insect, and fossil through riddles and treasure hunts. Enjoy the landscape of California's wetlands and learn about our state.

SHELLMOUND WORKDAYS

Coyote Hills Beverly Ortiz
10am-4pm, Sun, Sep 5, Oct 31
Join Ohlone descendants in the reconstruction of Ohlone-site structures at a more than 2,000-year-old Tuibun village site. We'll also clean and weed the site. Bring lunch; wear long pants and shoes that can get muddy. We'll provide refreshments, tools and gloves. Meet at the parking lot next to the entrance kiosk. Volunteers under age 18 years must be accompanied by an adult. 12+ yrs.

SUNDAY NATURE ADVENTURES

Coyote Hills Interpretive Staff
2-3pm, Sundays in Sept. & Oct.
The park is full of a thousand stories about plants, animals and history. You'll be able to learn about snakes or butterflies, marshes or shellmounds, and what makes them important to the world we live in. Call for details for the day you're planning to visit. This program is perfect for scout and church groups.

THE BUTTERFLY GARDEN IS OPEN

Coyote Hills Jan Southworth
11am-4pm, Mon, Sep 6
Check out the Butterfly Garden on this holiday and watch the lady Monarchs laying their eggs. Catch the caterpillar action on the milkweed and learn about the lifecycle of this special butterfly as you delight in the many other critters at work and play.

THE NECTAR GARDEN IS OPEN

Coyote Hills Jan Southworth
10am-4pm, Sat, Sep 11, Oct 9
Fall is fast upon us and the Monarchs are migrating through the Nectar Garden. Drop by and look for these colorful insects performing their mating flight, and if you're lucky, spot a Monarch egg no larger than the dot on this letter "i." Very hungry caterpillars may be munching on milkweed right before your eyes. The garden is ALIVE. Catch the action.

MUTSUN OHLONE

LANGUAGE REVITALIZATION
Coyote Hills Bev Ortiz/Lisa Carrier
10am-noon, Sun, Sep 19
Lisa Carrier (Mutsun Ohlone) will describe efforts to revitalize the language of the first people of the San Juan Bautista area. Learn Mutsun words and phrases, and introduce you to language games, including bingo, flash cards, singing games and a coloring book.

SHELLMOUND OPEN HOUSE

Coyote Hills Bev Ortiz/Ohlone Interns
1:30-4:30pm, Sun, Sep 19, Oct 17
Walk 1/2 mile to a village site where the Tuibun Ohlone lived for more than 2,000 years to learn about their history and culture. Sept. 19: Lisa and Mary Carrier (Mutsun Ohlone) will create shell jewelry while Naturalist Beverly Ortiz weaves a winnowing basket. Oct. 17: Madeline Zavala (Mutsun Ohlone) and Naturalist Beverly Ortiz talk about plant uses. For \$2 you can learn how to make your own model tule boat (materials provided).

WANDERING WARBLERS

Coyote Hills Jan Southworth
9:30-11:30am, Sat, Sep 25
Peer into the pines at Hoot Hollow as we search for autumn's migrating warblers and learn about their natural history. We'll hope to glimpse a Townsend's or black-throated gray warbler on this hunt for elusive species. Binoculars recommended. 12+ yrs.
Reg. Required: (510) 795-9385

"BARFOLOGY" -

EXPLORING OWL PELLETS

Coyote Hills Jan Southworth/Don Jedlovac
1:30-3:30pm, Sat, Sep 25
Don's fabulous photography will give us an up close look at the great horned owl babies raised this past spring up in Hoot Hollow, as well as his own "backyard" barn owls. Then we'll have some gross but fascinating fun by dissecting owl pellets to find out exactly what these birds of prey have been eating. 8+ yrs.
Reg. Required: (510) 795-9385
Fee: \$2

AMAZING ADAPTATIONS

Coyote Hills Kristina Parkison
1-3pm, Sat, Oct 2
Would you like to try coyote nose juice or shake hands with a snake? Then come on over and enter the world of animal adaptations to discover why dogs have such a great sense of smell, how snakes move without legs, and much more! Games, stories, and hands-on experiences will open the exciting world of animals to you! 8+ yrs.

COYOTE HILLS KNAP-IN

Coyote Hills Norm Kidder
9am-4pm, Sat, Oct 2, Sun, Oct 3
Join local flint knappers and members of the Society of Primitive Technology for two days of sharing and teaching. The main emphasis will be on stone tool making, but demonstrations will include fire making, atlatl dart throwing, cordage and more. On Sunday, we will be part of the Gathering of Ohlone People. For general information (925) 862-2601, to participate as a knapper call Ken Peek at (510) 537-1215.

GATHERING OF OHLONE PEOPLES

Coyote Hills Beverly Ortiz
10am-4:30pm, Sun, Oct 3
Ohlone descendants will be present to share their culture and history at this very special Native American event. Throughout the day there will be music, stories, games, native foods, basket making, flintknapping, and displays. Among the featured activities will be a variety of cultural presentations including arrow making, songs, and dances. Join us for this annual celebration of the Ohlone culture.

GARDEN-GANG VOLUNTEERS

Coyote Hills Jan Southworth
9:30-11:30am, Sat, Oct 9
We need your help out in the Butterfly Garden! It's time to prepare for fall with some pruning and mulching, and a little weeding thrown in for spice. Learn about plant and garden care. Refreshments will be served, as well as good conversation.
Reg. Required: (510) 795-9385

DUSK HIKE

Coyote Hills Kristina Parkison
7-9pm, Sat, Oct 16 #7377
Cool autumn evenings—the perfect time to explore nature! Join us for a dusk hike—that special time between day and night—to view one of nature's busiest times. What does it take to be nocturnal—come find out! We might hear owl hoots, or see a fox or muskrats. It's a magical time and we'll end with a snack provided by our friend, the bat! 8+ yrs.
Reg. Required: (510) 636-1684
Fee: Per Person, \$2/Per Family, \$5

OHLONE & OTHER CENTRAL CALIFORNIA INDIAN GAMES

Coyote Hills Madeline Zavala/Beverly Ortiz
10am-noon, Sun, Oct 17
Come and learn about the historical games played by the Ohlone. Join Madeline Zavala (Mutsun Ohlone) and Naturalist Beverly Ortiz to play Indian football, shiny, hoop and pole, crmch, and stealing the stick.

ARMCHAIR BIRD WATCHING:

RED TAILED HAWK

Coyote Hills Jan Southworth/Don Jedlovac
10am-noon, Sat, Oct 23
Through a series of fine photos, meet the family of red tailed hawks that nested behind the visitor center this past spring and learned about this bird of prey's natural history. Take an intimate, breathtaking peek at the lifestyle of their species. 8+ yrs.
Reg. Required: (510) 795-9385

HARVEST WHEAT WEAVING AND TEA

Coyote Hills Jan Southworth
1-4pm, Sat, Oct 23 #7379
Enjoy tea and conversation while we celebrate the season by weaving an elegant and ancient design with stalks of wheat. Learn the history of the Flower Blessing and take yours home. 10+ yrs.

Reg. Required: (510) 636-1684

Fee: Adult, \$20/Child, \$15
(non-res. \$22/\$17)

CRAB COVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-4:30 p.m. For information about naturalist programs or other activities call (510) 521-6887 or email ccove@ebparks.org.

CATCH OF THE DAY

Crab Cove Interpretive Staff
2-3pm, Saturdays and Sundays in Sept & Oct
There are so many fun things to do in the fall by the Bay! Each day will have something different from discovering which birds are feeding along the shore to finding out what trees are found at Crown Beach! Call ahead to find out what's featured for the day of your visit and be sure to check out our new exhibits!

SUNNY PLAY ON LABOR DAY

Crab Cove Nancy Krebs
10am-4pm, Mon, Sep 6
Celebrate September sunshine with crafts and activities "starring" the sun! At 11:30am make solar oven quesadillas and at 3:30pm make ice cream. Two half-hour nature walks aim to sprout your youngster's interest in trees and plants: offered at 10:30am and again at 2pm. Ongoing nature crafts and our visitor center exhibits round out the fun.

ESTUARY EXPLORERS

Crab Cove Interpretive Staff
3:30-5pm, Thu, Sep 9, Oct 14, 28
Estuary Explorers is designed for 6-8 year olds and includes outdoor exploration and a theme-related craft and snack. Sept. 9: Squirrels. Oct. 23: Trees in fall. Oct. 14: Winged Migration. Oct. 28: Skeletons, Inside and

Out. Parents/guardians are encouraged to drop off their child to allow for a slightly more independent nature experience, with naturalist guidance. Note: a current-year medical waiver, signed by parent/guardian, must be on file.

Reg. Required: (510) 521-6887
Fee: \$6 (non-res. \$8)

PEANUT BUTTER AND JAM FESTIVAL
Crab Cove Interpretive Staff
10am-6pm, Sat, Sep 11, Sun, Sep 12
Look for our booth at the 3rd annual PB & J Music Festival-Webster Street, Alameda. There'll be live music, food & fun. Find out how peanut butter became the staple it is today-starting right on Webster Street!
Info: (888) 291-9222

SEA SIBLINGS
Crab Cove Interpretive Staff
9:30-10:30am or 11am-noon, Tue, Sep 14, Oct 5, 19
For the 3-5 year old learning ability while providing the option of inviting a 1-5 year old sibling or friend along. Each class provides outdoor exploration and a theme-related craft. All children pay the course fee. **Sept. 14:** Squirrels. **Sept. 28:** Winter is coming, animals get ready! **Oct. 19:** Skeletons, Inside and Out. **Reg. Required: (510) 521-6887**
Fee: \$4

20TH ANNUAL-ALAMEDA COASTAL CLEANUP DAY
Crab Cove Interpretive Staff
9am-1pm, Sat, Sep 18
Be part of the solution to marine pollution! Lend a hand in what the Guinness Book of Records has named "the largest garbage collection." This year we hope to include people from every county in the state, so come lend a hand in Alameda. Call (510) 521-6887 for meeting location and more information.

30-MINUTE BEACH CLEANUP
Crab Cove Interpretive Staff
3-3:30pm, Sat, Sep 25, Sun, Oct 24
Continue celebrating the three weeks of Coastweeks and discover what a difference 30 minutes can make! Lend a hand to Mother Nature and see your work result in a healthier environment for our local wildlife. This is a great project for scout groups and students who need community service hours.

SEA SQUIRTS
Crab Cove Interpretive Staff
10-11:30am, Tue, Sep 28, Oct 12, 26
Exclusively for 3-5 year old's accompanied by an adult, this is a great way to discover nature with your little one. Each program offers outdoor exploration and a theme-related craft and snack. **Sept. 28:** Squirrels. **Oct. 12:** Winter is coming: animals get ready! **Oct. 26:** Skeletons, Inside and Out. See our "Sea Siblings" program if you prefer to have 1-5 year old's join their 3-5 year old siblings.
Reg. Required: (510) 521-6887
Fee: \$6 (non-res. \$8)

COASTWEKS BEACH CLEANUP & RECYCLED ART
Crab Cove Interpretive Staff
10am-noon, Sat, Oct 2
Celebrate the last weekend of Coastweeks by helping a naturalist clean litter off of the beach. Then set your imagination loose to create art from the castoffs. Help the Bay's wildlife and take home a unique piece of artwork. A great project for scout groups or students needing community service hours.

GYOTAKU: FISH PRINTING
Crab Cove Interpretive Staff
1-3pm, Sat, Oct 16 #7590
Learn about the traditional art of Gyotaku which originated in Japan. Once used to re-

cord the day's catch, it evolved into a unique artform. Fish print with our models and real fish. Bring a T-shirt to print if you'd like to create wearable art of your own. 6+yrs.
Reg. Required: (510) 636-1684
Fee: \$4

EVENING MINUS-TIDE EXPLORATION
Crab Cove Interpretive Staff
6-8pm, Sat, Oct 16 #7591
By the light of the setting moon and sun, explore the in-between world of the minus tide: sometimes wet, sometimes dry, all the time interesting! Visit the rocky shore and mudflats which support an amazing array of wildlife. See what differences there are between low tide by starlight and by sunlight. Then come back to the Visitor Center to view our new exhibits and enjoy refreshments.
Reg. Required: (510) 636-1684
Fee: \$3

FALL CHANGES
Crab Cove Interpretive Staff
11am-12:30pm, Sat, Oct 23
Discover how nature at the beach is getting ready for the coming winter! Look for signs of autumn in the animals and trees. You'll feel yourself relax as you connect with the changing seasons and get in tune with the season of slowing down.

SUNOL
Sunol Visitor Center is open Sat.-Sun. 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svsvisit@ebparks.org.

WILDERNESS EXPLORERS & TREKKERS
Sunol Interpretive Staff
Various dates and times
Children will explore the world of birds, bugs and other wilderness beasts during a series of afterschool adventures. Parental participation usually optional; may be required for some programs. Enrollment limited. Call for openings. Grades K-6.
Reg. Required: (925) 862-2601
Fee: \$6 (non-res. \$8)

OUTDOOR DISCOVERIES
Sunol Interpretive Staff
10-11:30am, Thursdays
Children and an adult are invited to discover the wonders of nature with a naturalist as your guide. Different topics each week. Enrollment limited. Call for openings. 3-5yrs.
Reg. Required: (925) 862-2601
Fee: \$6 (non-res. \$8)

VALLEY NATURE RIDE
Sunol Interpretive Staff
10-10:45 am, Sun, Sep 12 #7319, 26 #7316, Oct 10 #7320, 31 #7321
Enjoy an introduction to the cultural and natural history of Sunol, then mount up for a 20-minute guided horseback ride. 6+yrs.
Reg. Required: (510) 636-1684
Fee: \$17 (non-res. \$19)

ECO-EXPLORERS: THE CAVE ROCKS SCRAMBLE
Crab Cove Interpretive Staff
3-6pm, Sat, Sep 18
Outdoor adventures are invited on this brand-new series for kids and families who like to explore different parks for unique up-close, hands-on experiences. Today, we'll hike up Indian Joe Creek to the Cave Rocks to explore the nooks and crannies of this geologic novelty. Grades 3-7
Reg. Required: (925) 862-2601
Fee: \$6 (non-res. \$8)

SCIENCE FOR TYKES
Sunol Interpretive Staff
7:30-9pm, Sat, Sep 18, noon-1:30pm, Wed, Sep 15, 2:30-4pm, Sat, Oct 30

A series of programs for budding scientists and their families set in a wildly exciting outdoor laboratory. **Sept. 18:** Starstuck: turn your eyes to the skies to discover the myth-shrouded world of naked-eye astronomy. **Sept. 25:** Those Who Came Before: Become an anthropologist and go back thousands of years to discover the people who called this area home before the arrival of European explorers. **Oct. 30:** Arachnomaniac! delve into the webby world of spiders. 4-8yrs.
Reg. Required: (925) 862-2601
Fee: \$6 (non-res. \$8)

EARLY MORNING IN HIGH VALLEY
Crab Cove Interpretive Staff
7-10:30am, Sat, Sep 25
We'll wend our way up the reaches of the dry creek bed of Indian Joe Creek to our breakfast spot at High Valley. On the way, we'll delve into the rich natural and cultural history of the region. Bring water and breakfast. 7+yrs

WILD WEST LECTURE: THE GEARY FAMILY
Crab Cove Interpretive Staff
7-8:30pm, Tue, Oct 12
The Gold Rush of 1849 brought thousands of fortune seekers into California. Learn more about local pioneers through the story of one family who lived in the "wild" town of Mission San Jose in 1865. They eventually settled in what is now Sunol Regional Wilderness. Find out what happened to them through a slide show, old photographs and artifacts.
Reg. Required: (925) 862-2601
Fee: \$5 (non-res. \$7)

SUNOL'S ANNUAL HALLOWEEN HAUNTING: NORTON HEARS A BOO
Sunol Interpretive Staff
Sat, Oct 23, 5:30-9:30pm
Ghouls and boos of all ages are invited to don their most magical garb and pay an evening visit through the mystical and scenic lands of Soosville with the Bat in the Hat as your guide. Frolic in the fall splendor of Booville, the Jungle of Drool, and other Soosville highlights as we explore the origins of Halloween. Did Norton really hear that Boo? Guided hikes last about 1.5 hours and depart every 15 minutes beginning at 5:30 p.m. Hikes become progressively dark and spooky as the evening progresses (nothing gory or too disgusting). 5:15-6:30 p.m. start times best for younger children. Pre-registration limited to families and individuals only-no large groups. Children must be accompanied by an adult. Register early-limited spaces available. Ticketed guests only; no drop-ins allowed.
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

TILDEN NATURE AREA
The Environmental Education Center is open Tue.-Sun., 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tarea@ebparks.org.

TILDEN TOTS
Tilden Nature Area Linda Yemoto
10-11:30am, Wed, Sep 1, Thu, Sep 2, Wed, Oct 20, Thu, Oct 21
A nature adventure program for 3 & 4 year olds each accompanied by an adult (or even a grandparent!). September we'll explore the area looking for fall spiders. October will be our Halloween treasure hunt.
Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

TILDEN EXPLORERS
Tilden Nature Area Linda Yemoto
3:15-4:45 pm, Thu, Sep 2, Oct 21
A nature adventure program for 5-7 year olds who may be accompanied by an adult, no younger siblings, please. In September we'll learn about spiders and their biology. In October we'll feature our annual nature treasure

hunt. 5-7yrs.
Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

BASKET BONANZA
Tilden Nature Area
10-11:30am, Sat, Sep 4
Come learn about the wild weaving techniques of native people and learn about their many uses of baskets. Make sure to exercise those fingers because we'll be weaving the keets of our own. 8+yrs.
Reg. Required: (510) 525-2233
Fee: \$3

KIDS GARDEN CLUB
Tilden Nature Area Scott Smith
2-4pm, Sat, Sep 4, 18, Oct 9
noon-2pm, Sun, Oct 31
Join this exciting club for kids to explore the world of gardening. We plant, harvest, build, cook and get dirty! **Sept. 4:** Science of Cooking: Investigate kitchen science by making soup and baking bread. **Sept. 18:** Building: It's hot! Build a shade structure inspired by nature. **Oct. 9:** Birds: Make a bird feeder and go birding with us. **Oct. 31:** (at a special time) Pumpkins!: Celebrate the season by carving a pumpkin harvested from our garden.
Reg. Required: (510) 525-2233
Fee: \$3

LES CONTEES POUR ENFANTS
Tilden Nature Area Kate Scott
10-11am, Sun, Sep 5
Une heure des contes en français pour des enfants. (Come enjoy an hour of stories in French for children.)

REPTILE ROUNDUP
Tilden Nature Area Gina Guegan
2-3:30pm, Sun, Sep 5
Meet our reptiles and learn how the world was formed on the shells of turtles and why we have natural spectacles. Bring yourself and leave your fears at home.

LABOR DAY OPEN HOUSE
Tilden Nature Area Linda Yemoto
11am-4pm, Mon, Sep 6
Bring the whole family to meet some live animals, make a nature craft and learn how water makes this area so special.

MINI-FARMERS
Tilden Nature Area Nadia Sassi
9-10:30am, Sat, Sep 11, 25
2:30-4pm, Oct 2, 23
Join this new farm exploration program for young children who enjoy crafts, gardening, cooking and caring for animals. Children must be accompanied by an adult.
Reg. Required: (510) 525-2233
Fee: \$3

MEET MY TARANTULA
Tilden Nature Area Kate Scott
1:30-2:30pm, Sat, Sep 11
Meet and greet this "giant" arachnid. You'll learn that spiders are essential in our world.

BUTTERFLIES IN THE GARDEN
Tilden Nature Area Salli Lundgren
11am-12:30pm, Sun, Sep 12
Discover how to attract colorful, delicate insects to your yard. Fall is the perfect time to plant natives that will get watered by winter rains. We'll also watch for the last of the summer Monarchs, buckeyes and swallowtails.

MONARCH MIGRATION CELEBRATION
Tilden Nature Area Jessica Sheppard
1-4pm, Sun, Sep 12
Fall is the last chance to see most butterflies - with one incredible exception! Discover where you can see many Monarchs locally and millions further away in the winter. You can never meet their grandparents, but you can bring yours to celebrate Grandparents Day as we learn about the "king of butterflies" through crafts, videos and live examples.

"HOWDY FARMERS!"

Tilden Nature Area Interpretive Staff
10-11:30am, Sat, Sep 18
Come on up to the farmyard and see what's happening. Pet a bunny, see some eggs and baaa with the sheep.

BOTANIC GARDEN AT SUMMER'S END

Regional Parks Botanic Garden Alan Kaplan
10am-noon, Sun, Sep 19
We'll explore the entire range of California's flora in the native plant facility at the center of Tilden Park. We'll see examples of the special adaptations of desert plants and the heat.

HOPPER HIKE

Tilden Nature Area Alan Kaplan
2-4pm, Sun, Sep 19
It's time to look for Orthoptera: grasshoppers, crickets and katydids. We'll learn their natural history and role in human history and culture.

GOODNIGHT LITTLE FARM

Tilden Nature Area Salli Lundgren
3:30-4:30pm, Fri, Sep 24
Help tuck the animals in for the night - groom a goat, kiss a rabbit or sing to a chicken. Wear boots if you've got 'em.

FALL POND PLUNGE

Tilden Nature Area Dave Zuckermann
2-3:30pm, Sat, Sep 25
Discover who lurks in the deep. With dip-nets and magnifiers, we'll search for backswimmers, dragonflies and more. +4yrs.

JEWEL LAKE EASY-WALK

Tilden Nature Area Dave Zuckermann
2-3:30pm, Sun, Sep 26
View a few slides of the old waterworks, then take an easy walk to explore the history of the old reservoir now called Jewel Lake. 8+yrs.

LEAF ART PRINT

Tilden Nature Area Kate Scott
10-11:30am, Sat, Oct 2
Collect dried leaves on a tree study trip around the EEC, then decorate a card - or bring a T-shirt of your own to paint on. 6+yrs.
Reg. Required: (510) 525-2233

ONE LONG HIKE

Tilden Nature Area Alan Kaplan
10am-2pm, Sun, Oct 3
It could be hot, so bring water, hat, sunscreen and lunch as we take a look at the natural and cultural history of Wildcat Canyon. Includes some steep parts.

PLANT IT AND THEY WILL COME

Tilden Nature Area Salli Lundgren
1-3pm, Sun, Oct 3
Encourage wildlife in your own backyard. Learn simple steps to attract butterflies, hummingbirds, and other critters to your garden. Gather seeds for creating new habitat at home.

TEAT AT FOUR

Tilden Nature Area Alan Kaplan
4:30pm, Mon, Oct 4, 18, 25
Taste some of the finest teas from the Pacific Rim and South Asia and learn their natural and cultural history. Then take a short walk to see fall color, spider egg sacs. a surprise!
Reg. Required: (510) 525-2233
Fee: \$5 (non-res. \$7)

MID-DAY MEANDER

Tilden Nature Area Alan Kaplan
2:30-4:30pm, Tue, Oct 5
Meet by the bulletin board at Big Springs parking lot (wide spot on South Park Drive) for a rocky trail hike to ponder the "mystery walls" and muse about trees.

MORNING BIRD WALKS

Tilden Nature Area Alan Kaplan
7-9:30am, Thu, Oct 7, Tue 12, 19, 26
Oct 7, Tilden Nature Area: Birds of the Jewel Lake Trail. Oct 12, Wildcat Canyon: Meet at Alvarado Staging Area to look for fall migrants along Wildcat Creek. Oct 19, Tilden:

Meet at Inspiration Point for resident birds of grassland and chaparral. Oct 26, Tilden: Meet at the first pullout on Wildcat Canyon Road off Grizzly Peak Blvd. for a look at fall migrants and residents. Call ahead to reserve binoculars.

AUTUMN ARACHNIDS

Tilden Nature Area Linda Yemoto
2-3:30pm, Sat, Oct 9
We'll begin with a slide show on the mysteries of the spider. Then we'll explore, looking for orb weavers, jumping spiders, wolf spiders and more.

AUTUMN INSECTS

Tilden Nature Area Alan Kaplan
10am-noon, Sun, Oct 10
We'll look for insects under logs, in the grass and on the trees and learn how they adapt to different habitats.

EARLY PEOPLE'S WAYS

Tilden Nature Area Salli Lundgren
1-3pm, Sun, Oct 10
Eat, drink and be merry like the Miwok. We'll search for plants in the wild to snack on and make some tea. Bring your good luck charm for games based on native traditions.

LEFT BEHIND

Tilden Nature Area Alan Kaplan
2-4pm, Sun, Oct 10
Seeds, cones, stalks and other plant parts dry up and fade away in autumn. We'll look for them and see what's left after a season of growth and change.

TODDLER NATURE WALK

Tilden Nature Area Linda Yemoto
2-3pm, Sat, Oct 16
Come along on a little nature adventure for 2-3 year olds and their grown-up friends. We'll discover nature through youthful eyes.

EARLY MORNING BIRD WALK

Tilden Nature Area Alan Kaplan
8-10am, Sun, Oct 17
We'll look for birds making their way south, and learn why and how they migrate.

DINO DAY!

Tilden Nature Area Alan Kaplan
2-4pm, Sun, Oct 17
Big, fierce, dead creatures will be featured in puzzles, bingo and track making, plus an exciting video.

MINI-RANGERS

Tilden Nature Area Dave Zuckermann
3:30-5:30pm, Tue, Oct 19
Find out how it feels to be a Ranger! Join an active afternoon of nature study, conservation, and rambling through woods and waters. For 8-12 year olds, unaccompanied by parents.
Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

TAIL TALES

Tilden Nature Area Salli Lundgren
1-2:30pm, Sat, Oct 23
Explore the hind ends of animals to see what tales they tell. There are many different kinds of tails-long, short, furry, feathered-all for different purposes. Meet a few local examples and hear their tales.

BOTANIC GARDEN GAMBOL

Regional Parks Botanic Garden Alan Kaplan
10am-noon, Sun, Oct 24
We'll take a tour of California's great variety of native plants at this facility in the center of Tilden Park, emphasizing adaptations to climate.

SNEAKY SNAKES & TIMID TURTLES

Tilden Nature Area Salli Lundgren
11am-12:30pm, Sun, Oct 24
Pretending to be someone else? Hardly ever leaving your house? Find out why animals do such things as you meet a snake and turtle.

SOAP MAKING

Tilden Nature Area Kate Scott
2-4pm, Sun, Oct 24
Do you know where your soap comes from? Learn to make olive oil soap in this hands-on workshop exploring the science of soap.
Reg. Required: (510) 525-2233
Fee: \$10 (non-res. \$12)

POISON OAK AND OTHERS

Tilden Nature Area Alan Kaplan
2-4pm, Sun, Oct 24
Bad plants and their good relatives: get tips on how to avoid "the itch."

RETURN OF THE OVER-THE-HILLS-GANG

Tilden Nature Area Dave Zuckermann
10am-noon, Tue, Oct 26
Hikers 55 years and older who are interested in nature study, history, fitness, and fun are invited to join us on this month's excursions exploring our Regional Parks.
Reg. Required: (510) 525-2233

PUMPKIN CARVING BY THE HEARTH

(B.Y.O.P.) Tilden Nature Area Alan Kaplan
4:30-8:30pm, Thu, Oct 28
That's "bring your own pumpkin" for a pre-Halloween opportunity to cut up gourds. Learn about pumpkin history and how jack-o'-lanterns came to be. We'll supply tools, designs and clean up afterwards.
Fee: Family \$5 (non-res. \$7)

BATS EAT BUGS

Tilden Nature Area Jessica Sheppard
4-6pm, Fri, Oct 29
Just in time for Halloween - dispel myths and hear the fascinating truth about the wonderful world of bats! Watch a video, play some games and learn the latest buzz about identifying bats by their calls.

THE HAUNTED CAVES OF THE EEC

Tilden Nature Area Linda Yemoto
2-4:30pm, Sat, Oct 30
Come venture through the dark and spooky Halloween caves if you dare. Crafts and refreshments will greet you at the end of the darkness. 3+yrs.
Fee: \$3

COLORS OF THE DAY

Tilden Nature Area Alan Kaplan
10am-noon, Sun, Oct 31
We'll look for black and orange in nature, and learn the role of warning colors in the lives of animals.

IT'S HALLOWEEN

Tilden Nature Area Interpretive Staff
2-4pm, Sun, Oct 31
We'll talk about the cultural history and significance of All-Hallow's Eve as we walk on the Jewel Lake Trail.

OTHER PARKS

WOMEN ON COMMON GROUND

Various parks Katie Colbert
A series of naturalist-led programs for women who love to hike, camp, play and learn in the out-of-doors, but whose concern for personal safety keeps them from enjoying their own parklands. Activities celebrate natural and cultural history and are designed to help women reclaim the joys of wild places by day and night. For a complete schedule call or write Sunol Wilderness, P.O. Box 82, Sunol, CA 94586 or e-mail vsyist@ebparks.org. Adults.
Info: (925) 862-2601

CAMPFIRE PROGRAMS

Del Valle Interpretive Staff
8-8:45 pm, Saturdays in September
Join us for entertaining and educational programs at the campground amphitheater. One of our staff will visit campsites before each evening's campfire program to answer ques-

tions about the Regional Parks. Non-campers are welcome.

Info: (925) 862-2601

LAKE DEL VALLE SCENIC BOAT TOUR

West-side concession Interpretive Staff
12:30pm, Sats and Suns in Sept.
There's no better way to enjoy Lake Del Valle than a boat tour to the dam. A guide will answer your questions about the lake, the wildlife, and the activities available for you in the park. Bring a jacket, sunscreen and binoculars if you have them. Purchase tickets at the west-side concession beginning at 11:00 am; ages 13 and up \$4.25; age 1-12 \$2.75; under 1 year free if in parent's arms. Mandatory flotation devices provided. Canceled if five or fewer sign-ups.
Info: (925) 862-2601

HELP WANTED: FOR THE BIRDS

Briones, Morgan Territory Sabrina Dussau
10am-12:30pm, Sat, Sep 4, 11
Sept. 4: Briones. Sept. 11: Morgan Territory. Head out the Bluebird Trail to see how our feathered friends are faring. Look in the nest boxes, take note of our find, and discover what else we can do to help the plight of the bluebirds.
Reg. Required: (925) 757-2620

MARSH CREEK MEANDER

Marsh Creek Trail, Oakley Mike Moran
10am-12:30pm, Sun, Sep 5
Take in the open spaces along the county's second largest creek as we money down to the Delta. Explore life in, around, and above the water and the exciting future of this region.
Reg. Required: (925) 757-2620

PRE-K PARK ADVENTURES

Roberts Naturalist Nancy
4-5pm, Sun, Sep 5, 12, 19, 26
Sept. 5, Roberts: Redwood Forest. Sept. 12, MLK Jr. Shoreline: Salt Marsh. Sept. 19, Temescal: Freshwater Lake. Sept. 26, Crab Cove: Mudflat and Rocky Shore. Discover banana slugs, egrets, dragonflies, lugworms, and crabs along with their habitats. Habitat related exploration, nature songs, a story and craft, will accompany each park adventure. Come once, or attend all four! Each program ends near a playground, so pack a picnic and linger a while afterwards. 3-5yrs.

WEDNESDAY BIRD WALKS

MLK Jr. Arrowhead Marsh Jessica Sheppard
8:30-10:30am, Wed, Sep 8, 15, Oct 6
Discover the first of the migrants and help us with our monitoring of this wonderful marsh in the morning! Turn into the park off Swan Way, follow the drive to the end and meet at the last parking lot by the observation deck.

ONE IN SUMMER, ONE IN FALL

Round Valley Mike Moran
9am-1pm, Sun, Sep 12, Oct 3
Look for signals of the changing season and some of the most dramatic vistas in the region on these hearty and hilly 4-mile hikes.
Reg. Required: (925) 757-2620

THURSDAY BIRDING

Various parks Mike Moran
9-11am, Thu, Sep 16, Oct 14, 28
Time to look for autumn's avian splendor. Sept. 16 (Martinez Shoreline) and Oct. 14 (Ironhorse Sanitary District) shorebirds, waterfowl and gulls. Oct. 28 (Round Valley) songbirds, woodpeckers, and eagles!
Reg. Required: (925) 757-2620

LAND BARK TOURS: HIGHLAND RIDGE

Morgan Terr., Pleas. Ridge Robert Doyle
10am-4pm, Sat, Sep 18 #7603
10am-2pm, Sat, Oct 16 #7604
Two hikes led by Robert Doyle, Park District Assistant General Manager, Land Division,

explore newly protected Measure AA land bank properties currently not open to the public. **Sept. 18:** Explore the land-banked Highland Ridge. Morgan Territory has more than 90 wildflower species and is home to deer, coyote, and mountain lions and a variety of raptors. Hike a 4-mile loop to the top of Highland Ridge to view Mount Diablo to the west and explore new additions to this scenic preserve and lowland valleys that are the headwaters of Marsh Creek. **Oct. 16:** Explore the rugged northern end of Pleasanton Ridge on a 4-mile loop of Sinbad Canyon and land-bank properties through wooded canyons and open ridgetops. To the north you will see Mount St. Helena and the Diablo and Hamilton mountain ranges. To the south see ridge tops surrounding Sunol Valley to Mission and Monument Peaks. Also, the canyons trails offer grasslands, wildflowers, California bay laurel, sycamore trees, and oak trees.
Reg. Required: (510) 636-1684
Fee: \$10 (non-res. \$12)

GARIN APPLE FESTIVAL

Gatin Kristina Parkinson
Noon-4pm, Sat, Sep 18
Come celebrate California and pioneer history. Learn all about the rich and flavorful story of this wonderful fruit. Try your hand at pressing cider, cracking out ice cream, and folk dancing. Sample antique varieties of apples from our carefully tended orchard, and wonderful treats from the Dutch oven. Kids will love the old-fashioned games and crafts. Bring the whole family to this a-peeling affair!
Info: (510) 795-9385

AFTERNOON BIRDWALKS

Martin Luther King Jr. Jessica Sheppard
4:50-5:30pm, Tue, Sep 21, Oct 12
Walk the edge of the marsh to watch for afternoon activity of the rails, ducks or raptors. Turn into the park off Swan Way, follow the drive to the end and meet at the last parking lot by the observation deck.

CRUISE TO THE FARALLON ISLANDS

Farallon Islands Gail Broeders
8am-5pm, Sat, Sep 25 #7598
Join us for a special opportunity to view the amazing array of wildlife off the Farallon Islands aboard the *Adventure Cat II*, a state-of-the-art 65-foot catamaran! We'll set off from San Francisco and ply the Pacific in search of more than 18 species of cetaceans that frequent these waters. 12 species of seabirds that nest on the islands and myriad other wildlife. After crossing the feeding grounds of hundreds of blue and humpback whales, we'll turn in for a close, from-the-boat view of the Farallons. We'll return as the sun sets. Parent participation required. 10+ yrs.
Reg. Required: (510) 636-1684
Fee: \$75 (non-res. \$83)

WANDERING THE WETLANDS

Big Break Mike Moran
10:30-11:30am, Sun, Sep 19
Take the family on a flat, paved trail along the wondrous wetlands of the Delta. Surprising plants, fascinating animals (in person and in hiding!) and rich history abound.
Reg. Required: (925) 757-2620

ECO EXPLORERS: DINNER TO DARKNESS HIKE

Las Trampas Cat Taylor
5-8:45 pm, Sat, Oct 2
Outdoor adventurers in grades 3-7 are invited on this new series for kids and families who like to explore different parks for unique experiences. We'll climb to the ridge tops of Las Trampas, have dinner with the view and then descend in darkness.
Reg. Required: (925) 862-2601
Fee: \$6 (non-res. \$8)

MORNING RAMBLES

Yatuvos parks Gail Broeders
9:30-11:30am, Sun, Oct 3, 10
9:30am-10:30am, Sun, Oct 17
9:30am-2:30pm, Sun, Oct 24
Explore a different park each Sunday morning. Come for one or all of these increasingly strenuous hikes. Heavy rain or massive mud may cancel program. **Oct. 3, Sibley:** From volcanoes to labyrinths we'll explore the mysteries of this Volcanic Preserve. **Oct. 10, Redwood:** Hike from the top of the Ridge to the creek and back as we enjoy the redwoods and learn about their varied past. **Oct. 17, Anthony Chabot, Bort Meadow:** From the meadow to the stone bridge and back again, looking for signs of fall. **Oct. 24, Redwood:** Go up and down and all around on this 10-mile hike from Redwood park through East Bay MUD lands to Upper San Leandro Reservoir and back again.
Reg. Required: (510) 521-6887

MORGAN TERRITORY MEANDER

Morgan Territory Cat Taylor
9:30am-2:30pm, Sat, Oct 9
Spend a beautiful fall day discovering this hidden jewel of a park tucked way up in the hills. We'll meander through fascinating plant communities investigating its unique natural and cultural history along the way. Hike is five plus miles. Bring lunch and water. Be prepared for stunning panoramic views. Meet at the main staging area off of Morgan Territory Road. 7+ yrs.
Info: (925) 862-2601

AFTERNOON BIRDWALKS

MLK Jr. Arrowhead Marsh Jessica Sheppard
4:50-5:30pm, Tue, Oct 12
Walk the edge of the marsh to watch for afternoon activity of the rails, ducks or raptors. Bring a jacket for wind. Turn into the park off Swan Way, follow the drive to the end and meet at the last parking lot by the observation deck.

TWO SIDES OF THE MOUNTAIN

Morgan Territory, Diablo Foothills Moran
10am-1pm, Sun, Oct 24 (Morgan Territory), Oct 31 (Diablo Foothills)
Behold autumn on the morning (east) and evening (west) sides of Mount Diablo! This stunning season in two of our most stunning parks reveals the stark and subtle changes in, around, and above majestic oak woodlands. Moderately hilly, extremely impressive!
Reg. Required: (925) 757-2620

THE CASE OF THE DISAPPEARING MOON

Del Valle, Arroyo Staging Area Cat Taylor
6:15-8:30pm, Wed, Oct 27
Bring a picnic supper and a blanket for this exciting chance to view this lunar eclipse from atop the hills above Lake Del Valle. We'll climb from the Arroyo Del Valle staging area at the south end of Arroyo Road in Livermore up to our dinner/viewing spot over the dam with spectacular panoramic views of the lake and the glittering Tri-Valley. Bring one flashlight per person. We'll descend in darkness. 7+ yrs.
Info: (925) 862-2601

HALLOWEEN CAMPFIRE

Redwood Interpretive Staff
7-9pm, Sat, Oct 30 #7593
In a twist on traditional city Halloween celebrations, enjoy the "tricks and treats" offered up at night in the redwood forest. Stroll with a naturalist 1/3 mile by flashlight and nightlight. Along the way, discover a stunning pumpkin-lit path. Finally we will enjoy Halloween nature stories and songs, and roast marshmallows around a roaring fire.
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

WEDNESDAY WALKS

Various parks Christina Garcia
9:30am-noon, Sep 1, 15, 22, Oct 6, 20, 27
Explore a new Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear and bring water. **Sept. 1:** Redwood: Join naturalist Sara Fetterly for a gorgeous loop beginning at the Skyline Gate Staging Area. Begin with scenic canyon views along the East Ridge Trail, then descend into the cool shade of the redwood forest. Follow the fern-lined Stream Trail home for a total of 3.7 miles, strenuous in parts. Directions: Take I-580 west to Hwy. 13 and exit at Park Blvd. Make a left onto Mountain Blvd., then proceed a few blocks to Snake Road and make a right. Proceed 2 miles to Shepherd Canyon (you will be going straight onto this road) and follow Shepherd Canyon about 1.1 mile to Banning Drive. Make a right on Banning, go 3 miles, and make a left on Moore Drive. Make a right on Evergreen Ave., then another right onto Skyline Blvd. Proceed about 2 miles; the Skyline Gate Staging Area will be on the left. **Sept. 15, Anthony Chabot:** Meet at Chabot Park in San Leandro to hike a secluded streamside path bordered with lush vegetation. Get a nice view of Lake Chabot as we make our way around Bass Cove on this moderately strenuous 5.3-mile hike. Directions: From northbound I-580 in San Leandro, take the Estuillo Ave. exit. At the stop sign, turn right on MacArthur, then right at Estuillo. Where the road splits, take the low road to the left to stay on Estuillo and continue to the park. **Sept. 22, Martin Luther King Jr., Shoreline:** Enjoy cool bay breezes as you walk along the shore of this urban oasis. Our easy 3.5-mile walk will take us along the shore of San Leandro Bay and Arrowhead Marsh. Bring binoculars to look for shorebirds beginning their fall migration. Meet at the last parking lot by the observation deck. Directions: From I-880 in Oakland, take Hegenberger west. Turn right on Pardee, and left on Swan to the park entrance on the right. **Oct. 6, Coyote Hills:** After a steep hike up to the top of South Red Hill, catch your breath on the beautiful Meadowlark Trail along the edge of the South Marsh. Meet at the Visitor Center for this 3.5-mile hike. Parking is \$4. Directions: From I-880 in Fremont, take Highway 84 west to Ardenwood Blvd. Go right on Ardenwood, left on Paseo Padre Parkway, and right at Patterson Ranch Road. **Oct. 20, Garin/Dry Creek Pioneer:** Our extra-long route will follow Dry Creek to beautiful Black Creek Valley in the southern part of the park. We'll hike up a secluded canyon to reach the top of Tolman Peak on this 7.5-mile hike that includes some very steep sections. Meet by the barn. Directions: From I-880 in Hayward, go east (towards the hills) on Industrial Parkway. Turn right on Mission Blvd., then take the next left, which is Garin Ave. Go up the hill to the park at the end of the road. **Oct. 27, Sunol:** Keep your eyes open for eagles, hawks, and falcons as we ascend 1,360-foot Flag Hill. We'll make our way through High Valley and return via the shady Indian Joe Creek Trail on this strenuous 4.7-mile hike in the wilderness. Directions: From I-680 in Sunol, head south on Calaveras Road for about 4 miles. Turn left at Geary Road and follow it into the park. Meet at the second parking area on the left.
Info: (510) 796-0663

VOLUNTEER

PUBLIC SAFETY VOLUNTEER OPPORTUNITIES
On-going volunteer programs assist District staff in the delivery of essential services, which include: educating trail users about trail

safety; assisting the helicopter with rescue; supplementing police in patrol activities; and incident response. Certification and training are required for some programs. **FLIGHT MEDICS - Sgt. White Info: (510) 785-3370 BICYCLE PATROL: HIKING PATROL, COMPANION DOG PATROL AND MOUNTED PATROL - Patrick Ballan Info: (510) 544-3133.**

PARK/TRAIL GUIDES

Various parks Rick Spatz
Various times and dates
Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outdoor Recreation Program (B.O.R.P.).
Info: (510) 849-4663

COASTAL CLEANUP DAY

Shoreline Parks
8:30am-noon, Sat, Sep 18
Join us in our 20th annual shoreline cleanup. Park District staff and volunteers will pick up litter and recyclables from shoreline parks in Alameda and Contra Costa Counties. **Info: (510) 544-2590**

WILDLIFE VOLUNTEERS: IT'S YOUR TURN

Hayward Regional Shoreline Doc Quil
2-5pm, Sun, Sep 26, Oct 3, 17
An exciting adventure over land and water to help create nesting habitat for the State and Federal Listed endangered California Least Tern. By participating, you'll make new friends, peer into the world of wildlife and earn your "Least Tern Habitat Helper" patch. Parent participation required. Items: the following personal protective items: outdoor clothing (long pants), hiking boots (close-toed footwear), gloves, hats, water, and sunscreen.
Reg. Required: (510) 544-2320

IVAN DICKSON TRAIL WORK DAYS

Green Valley Trail, Danville Terry Noun
8:30am-1pm, Sat, Oct 16
Help with trail rehabilitation: including erosion control, light pruning, trail tread improvements. Tools and lunch are provided. Participants should wear sturdy shoes and long-sleeved shirts. Bring gloves, water, and snacks. No dogs, please. 10+ yrs.
Reg. Required: (510) 544-2631

TREE PLANTING DAY

Various parks
10am-1pm, Sat, Oct 23
The Park District invites you, your family and friends to help plant trees in the Regional Park. Volunteers should bring gloves and a lunch. Beverages will be provided. Bring a shovel if you have one! Dress for weather and be prepared to get dirty! 7+ yrs.
Info: (510) 544-2515

EDUCATORS' ACADEMY

MONARCHS IN THE CLASSROOM Sheppard/Southwest
Coyote Hills
9:30 am - 4:30 pm, Sat, Sep 11 #5395
The distinctive Monarch is a popular insect for its beauty and fantastic overwintering behavior. This familiar butterfly is also an exceptional educational tool for the classroom. This session will provide teachers with practical techniques for successful monarch rearing. You will construct and take home your own rearing cage, complete with milkweed and larva, to provide immediate personal learning opportunities for your students. Ideal for 6th-12th grades. Educator's Academy Scholarship available.
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

MEMBERSHIP PROGRAM

Enjoy free parking, special members' events, a free guide to the Regional Parks, members-only newsletter, and additional benefits listed below!
Call (510) 544-2203, for information.

\$60 Family Membership—Dog pass, free entry to swim areas for up to six, 50 percent off on off-season (October through April) camping.

\$25 Senior/Disabled/Student

\$30 Single Member

\$40 Senior Day Use/Boat Launch

\$90 Senior Fishing

\$100 Tilden Circle—Family Member benefits plus an invitation to a special Members' only event.

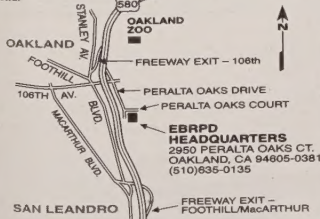
\$250 Reinhardt Circle—Tilden Circle benefits plus invitations to special programs.

\$1,000 Sibley Circle—Reinhardt Circle benefits plus "behind the scenes" with a naturalist.

To reach

the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



SPECIAL RECREATIONAL FACILITIES AND PROGRAMS

FACILITIES AND PROGRAMS	PARK	OPERATOR	PHONE
Archery - Field and Target	Briones	Briones Archers	(510) 724-3814
Archery - Field and Target	Redwood	Redwood Bowmen Assoc.	(510) 530-4000
Bike Rentals	Del Valle	Windsurf Del Valle	(925) 455-4008
Boat Rentals	Shad Cliffs	Urban Park Concessionaires	(925) 449-5201
Boat Rentals	Lake Chabot	Lake Chabot Park Company	(925) 846-9263
Boat Rentals	Various Parks	East Bay Regional Park District	(510) 562-2267
Camping (groups)	D. Valle, A. Chabot, Sunol (EBRPD)	Julith Castro	(510) 562-2267
Camping (families)	Pt. Isabel	Mudpuppy's Tub & Scrub	(510) 559-8899
Dog Wash	Lake Chabot	Willow Park Inc.	(510) 537-8989
Golf, Driving Range, Food, Banquet	Tilden	American Golf	(510) 848-7373
Golf, Driving Range, Food, Banquet	Mission Peak	Wings of Rogallo	(408) 476-2227
Hang Gliding - Experienced Flyers	Ardenwood	Scott Thomas	(510) 790-9060
Blacksmith	Martinez Shoreline	Martinez Shoreline Association	(925) 228-7981
Horse Arena	Redwood	Julith Castro	(510) 336-0850
Horse Boarding Barn, Lessons	Little Hills	Chabot Stables, Sara Cray	(510) 569-4428
Horse Boarding Barn, Lessons	Anthony Chabot	Las Trampas Stables	(925) 838-7546
Horse Boarding Barn, Lessons	Redwood	Piedmont Stables	(510) 531-9944
Horse Boarding Barn, Lessons	Anthony Chabot	Skyline Ranch Equest. Center	(510) 336-0850
Horse Day Camp	Las Trampas	Las Trampas Stables	(925) 838-7546
Horse Day Camps	Castle Rock	Adventure Day Camp	(925) 937-6500
Horse Rentals, Trail Rides and Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Rentals, Trail Rides	Sunol	Sunol Park Station	(510) 569-0211
Marksmanship - Target & Skeet	Anthony Chabot	Chabot Gun Club	(925) 228-5638
Meeting and Club Activities	Martinez Shoreline	Martinez Sportsman Club	(925) 228-7981
Meetings, Weddings and Banquets	Tilden Brazil Room	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Kennedy Grove	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Temescal	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	MLK Jr. Shoreline	Regional Parks	(510) 540-0220
Merry-Go-Round, Children's Parties	Tilden	Terri Holliman	(510) 524-6773
Model Boat Facility	Ala. Creek Quar.	Model Mariners	www.name89.com
Model Railroad - 5 Scales and Museum	Miller Knox	Golden State Model RR Museum	(510) 234-4884
Native Plants	Tilden	Nativest Nursery	(510) 549-0211
Native Plants	Carquinez	CREC	(510) 787-9772
Picnics (groups)	All Parks	East Bay Regional Park District	(510) 562-2267
Picnics, Parties and Events (groups)	Castle Rock	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Little Hills	Picnic People	(925) 462-1400
Picnics, Weddings, Food (groups)	Ardenwood	Picnic People	(925) 462-1400
Pony Rides - Kids' Parties, Day Camps	Tilden	Camsey Thompson	(510) 527-0421
Railroad, Rides, and Museum	Ardenwood	Society to Preserve Carter Bros.	(510) 796-9560
Trains - Model Steam Engines	Tilden	Golden Gate Live Steamers	(510) 486-0623
Trains - Steam Train Rides	Tilden	Redwood Valley Railroad	(510) 548-6100
Waterslide, Food, Group Picnics	Shadow Cliffs	Shadow Cliffs Association	(925) 829-5600
Windsurfing - Rentals and Lessons	Del Valle	Windsurf Del Valle	(925) 455-4008
Windsurfing - Rentals and Lessons	Crown Beach	Boardsports	(415) 258-9283

VISITOR CENTERS

ARDENWOOD

34600 Ardenwood Blvd.
Fremont, CA 94555-3645
(510) 796-0663

BLACK DIAMOND MINES

5175 Somersville Road
Antioch, CA 94509
(925) 757-2620

BOTANIC GARDEN

Tilden Regional Park
Berkeley, CA 94708
(510) 841-8732

COYOTE HILLS

8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 795-9385

CRAB COVE

VISITOR CENTER
1252 McKay Avenue
Alameda, CA 94501-7805
(510) 521-6887

DEL VALLE

7000 Del Valle Road
Livermore, CA 94550
(925) 862-2601

GARIN

1320 Garin Avenue
Hayward, CA 94544-6822
(510) 795-9385

SUNOL-OHLONE

P.O. Box 82 (on Geary Road)
Sunol, CA 94586
(925) 862-2601

TILDEN NATURE AREA

Environmental Education Center (EEC) at Tilden Regional Park
Berkeley, CA 94708
(510) 525-2233

SWIM FACILITIES

LAKE ANZA

Tilden Regional Park
Berkeley, CA 94708
(510) 843-2137

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA 94509
(925) 757-0404

CULL CANYON

18627 Cull Canyon Road
Castro Valley, CA 94552
(510) 537-2240

DEL VALLE

7000 Del Valle Road
Livermore, CA 94550
(925) 373-0332

DON CASTRO

22400 Woodrope Ave.
Hayward, CA 94541
(510) 538-1148

QUARRY LAKES

2250 Isherwood Way
Fremont, CA 94535
(510) 795-4883

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA 94619
(510) 482-6028

SHADOW CLIFFS

2500 Stanley Blvd.
Pleasanton, CA 94566
(925) 846-3000

LAKE TEMESCAL

6502 Broadway Terrace
Oakland, CA 94610
(510) 652-1155

REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org.

MAIL-IN: Complete the registration form on the back cover of this directory and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map above.

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.

BY PHONE: Phone registration requires a credit card. Call the Reservations Office between 8:30 a.m. and 4:30 p.m. Mondays through Fridays. The Reservations Office is closed on weekends and holidays. Please call the phone number for your area:

Oakland	(510) 636-1684	Hayward	(510) 538-6470
Contra Costa Co.	(925) 676-0192	Outside East Bay	(510) 636-1684
Livermore	(925) 373-0144	TDD	(510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds available** for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15 Returned Check charge.

CREDIT CARDS:

VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at **least seven days prior** to the class or program. Failure to notify the Reservations Office at **least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available **less than 14 days prior** to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.



East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381

Sept.-Oct. 2004 Mail-in Registration

Make checks payable to: EBRPD

☐ MasterCard ☐ VISA

Name (parent or guardian if under 18)

Address

City

Zip

Day phone

Night phone

email address

Amount \$

Expiration date

Authorized signature

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			
Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)					\$1
Subscribe to this publication (Regional in Nature) (Optional)					\$5
Submit additional registrations on an attached sheet					Total \$

Signature required _____ Date _____

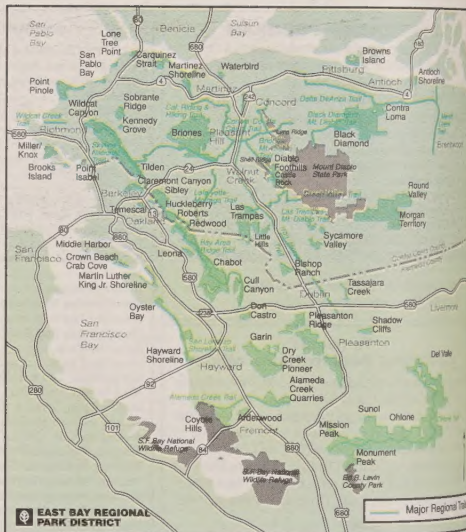
Parent or guardian if under 18



☐ Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other

Office Use Amount paid _____ Check no./cash _____ Register no. _____ Staff initials _____



Walk for Wilderness

Saturday, Sept. 11, 2004
Del Valle Regional Park
Livermore, CA
9:00 am - 2:00 pm

Guided Hikes (Arrive early for check-in)

- Serious Hikers: 5-mile Rocky Ridge Trail. Departing at 9:00 am.
- Moderate Hikers: 2.5-mile loop. Departing at 9:30 am.
- Family Hikers: Trail loop for all ages. Departing at anytime.

After Hike Activities

- 40th Anniversary Commemoration of the Congressional Wilderness Act.
- Food and Beverages.
- Musical Entertainment.
- Kids Crafts.

Pre-register: 510-636-1684 or www.ebparks.org.

Fees required for 5 and 2.5 mile hikes only; prices include tee-shirt.



East Bay Regional Park District

Event Info.: 510-636-1684 or www.ebparks.org

East Bay Regional
Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381